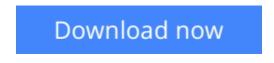


40 Paleo Smoothies for Detox, Weight Loss, and Health: Recipes for Green Smoothies, Tropical Smoothies, and Fruit/Veggie Smoothies All Paleo Approved (Paleo ... Low Cholesterol, Green Smoothie Recipes)

Bill Rockwell



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But research has shown that these are high in empty calories and poor in nutrients. They are a big reason why there is a global epidemic of obesity and

heart disease, coupled with the rising trend of diabetes and cancers.

One way to battle obesity is to hop onto a dietary plan that will help you lose weight temporarily. Another is to change your eating habits permanently.

The Paleo diet is one such diet that one can easily follow for a lifetime. The diet recommends scientifically proven and intensively researched dietary

changes that include all food groups, without neglecting any one food item like most other diets do. It recommends that you eat all fruits and vegetables,

meats, oils, seafood – but within the set commandments it lays out. These are pretty easy to follow and you will never be short of recipes that will fulfill

most of its recommendations.

Don't waste time, make this change today and get Healthy!

The 40 Paleo smoothies listed here take care of all dietary needs – vegan or vegetarian, off dairy or off sweets, only fruits or only veggies, breakfast,

lunch or dinner, mid-meal snacks or pre-workout load up; you can use them where and when you want them. After reading this book, you will never find yourself

wondering what to make when short of time that will still be healthy. These can be served to children as well, as they are supremely delicious.

And a tiny sample of what you will find inside.

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