



# **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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## **40 Paleo Smoothies. For Improved Health, Weight loss and Detox**

**Download this Bestseller Now!!**

**Also with two bonus chapters you cannot miss out on!!**

With the high-tech era upon us, we are always running to keep some appointment or fulfill one more errand before we retire for the day. Amidst all the confusion, it is impossible to spare any extra time on what we eat. Thus, we see a rising trend in fast foods, take away, and processed ready-to-eat mixes.

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.

- Veggie Smoothies
- Fruity Smoothies
- Dessert Smoothies
- Health Benefits
- Improved Health
- And, much, much more!

## Are you going to miss out? Grab this Deal while it's still here!

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Is it you who having spare time in that case spend it whole day by simply watching television programs or just lying on the bed? Do you need something new? This 40 Paleo Smoothies for Detox, Weight Loss, and Health: Recipes for Green Smoothies, Tropical Smoothies, and Fruit/Veggie Smoothies All Paleo Approved

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