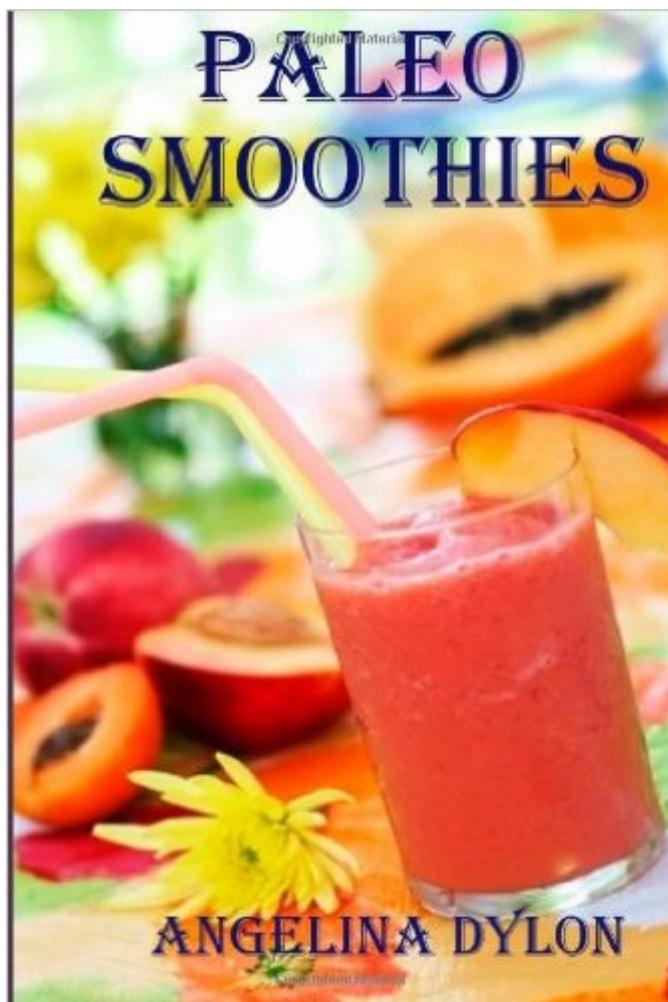


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# Paleo Smoothies: Recipes To Energize And For Weight Loss



## Synopsis

Delicious smoothie recipe book which is quick & easy to make for weight loss and Healthy!The Paleo diet may seem restricting but with this cook book, the reader can find a variety of smoothie recipes that are acceptable meals or snacks in the paleo diet. Recipes for the following smoothies are included: Vegetable and green smoothies, fruit smoothies including strawberry, banana, rhubarb, coconut, and pineapple, detox smoothies. Also included in the book are: Nutritional facts for each recipe and some fun and interesting facts on ingredients used in the recipes. Book helpful for those following the Paleo diet, but it also provides variety for anyone who is interested in eating healthy. Ingredients used in these smoothies are not uncommon, but are easily obtained ingredients; this makes creating these smoothies enjoyable, easy and delicious. Scroll Up To Grab A Copy!!

## Book Information

Paperback: 38 pages

Publisher: CreateSpace Independent Publishing Platform (January 21, 2014)

Language: English

ISBN-10: 1495280969

ISBN-13: 978-1495280962

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (117 customer reviews)

Best Sellers Rank: #8,598 in Books (See Top 100 in Books) #15 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #44 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

## Customer Reviews

These smoothies contain healthy foods that are easy to use without any odd ingredients. The only thing I would suggest is cooking the rhubarb for the two recipes that use it in advance. I love rhubarb but having a supply of it already cooked and sweetened makes using it easier. All the nutritional information is great too!

This is a wonderful way to start the new year! Having just purchased a Ninja Kitchen appliance, smoothies have become my go to drink for meals and snacks. Juber Ibrahim has really put himself out there to give great insight in the introduction about how to get the smoothie to be the right

consistency. All the recipes are right on target with power food ingredients, this book is a winner!Lyn Watner

This book was great for my weight lost boost. As a busy person I wanted to jump start the new year with dropping a few pounds. I did not want to do any fad diets so I integrated these smoothies in my day. This was great. They were easy to make, great tasting and some of them felt like I had a little desert. Not only did my energy stay up throughout the day I am down 6 pounds. This is great. I can't thank you enough. Looking forward to your next book. This one is a keeper. I especially love the Spinach Peach!

I'm so glad to have a simple and easy recipe book for healthy foods/smoothies. This will help tremendously as I work on improving my eating habits as I must do to improve my health. This recipe book will make it so much easier and fun to eat healthy. I also like the nutrition facts Angelina shares and the helpful info she includes. It just adds to the recipe book and makes it more interesting.Beverly B.

The recipes were easy to make. Ingredients were easy to find. I really enjoyed the kindle version. The smoothies that contained spinach were tasty. I used unsweetened almond milk as a substitute for the coconut milk.

I'm new to the paleo world, but have been doing smoothies for years. This book has so many great ideas, and they taste great. My family and I have enjoyed these smoothies and will keep making them

Only 27 recipes. I suppose OK if you get it free with Kindle Prime. But the little pamphlet is way overpriced compared to smoothie books. Clever to mash up the trendy Paleo title with the popular smoothie craze. Smart marketing combo in need of a better book.

This is a great book that shares two loves: paleo & smoothies!Angelina does a wonderful job at sharing some really cool recipes that will help energize your health and help aid in weight loss. The smoothies are all Paleo friendly, so you know they're all natural! Great stuff.

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Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet chllenge, paleo guide to weight loss) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Paleo Smoothies: Recipes to Energize And For Weight Loss Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight

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