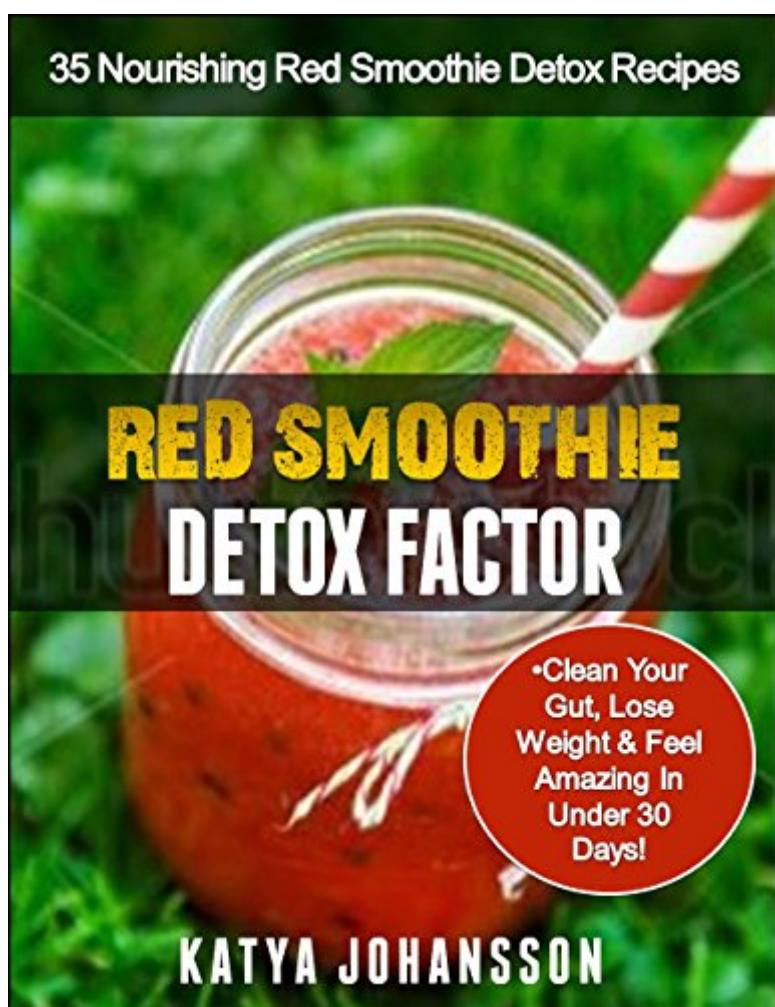


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# **Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days!**



## **Synopsis**

Red Smoothie Detox FactorGet 35 Nourishing Red Smoothie Detox Recipes That:Clean Your Gut`Help You Lose Weight,Â And ...Feel Amazing In Under 30 Days!Here Are Some of The Red Smoothies Inside This Recipes Book:1. Amazing Red Detox Smoothie2. Cleansing Red Smoothie3. Anti-Inflammatory Amazing Red Smoothie4. Red Fruit Smoothie5. Healthy Berry Red Smoothie6. Red Berry with Beet Smoothie7. Delicious Red Citrus Detox Smoothie8. Red Velvet Smoothie9. Red Antioxidant Tasty Smoothie10. Delicious Coco-Beet Smoothie11. Red Fruit Smoothie12. Beet Fruit Smoothie13. Amazing Spicy & Sweet Beet Smoothie14. Pink Tasty Smoothie15. Healthy Strawberry Kiwi Smoothie16. Berry Pie like Smoothie17. Creamy Red Velvet Smoothie18. Fired Red Smoothie19. Amazing Avocado Smoothie20. Beet Salad with Honey, Orange VinaigretteAnd More!Grab your copy now - For 100% Free when getting The paperback version!Hurry Up And Buy A Paperback copy to take advantage of this amazing deal!tags: red smoothie detox factor, gut health

## **Book Information**

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## **Customer Reviews**

I'm a big fan of smoothies whether it's for a refreshment or diet aide. This book may have a small list for red detox smoothies but I think that they are all excellent and I can drink them everyday. Katya's books are all nice so whenever I am looking for a new recipe or diet book, I just browse for anything new that she has to offer. By the way, the smoothies in this book are very easy to make.

After witnessing the results of this detox diet on my mother-in-law (she'd lost weight and felt great), I decided to give it a shot. I'm on Day 12 and feel fantastic! I've lost about a pound a day and have oodles of energy, and I've lost my craving for coffee (Haven't missed it at all. Neither did my mother-in-law). This is the first diet that I've ever tried that wasn't complete drudgery. The smoothies are satisfying and overall delicious (There were a few I didn't care for, but that's to be expected). I haven't been hungry, and if I do get hungry, the diet allows veggie and seed snacks, or a hard-boiled egg. Plenty of protein. I look forward to launching into the 21-Day Meal Plan after the detox. Can't wait to see and experience the results!

I'm sorry, that should NOT be styled or sold as a book. There is nothing vaguely bookie about that. That is a collection of unusually worded recipes, which don't tell you what the ingredients do or why that combination is significant. Perhaps the reader only showed me the recipes. I will explore more and change my opinion if need be.

Great resource! This book comes with recipes and antioxidant-containing ingredients that boost immune system towards optimum health. Actually I am not really a health conscious, I just got this because I really love smoothies. I find interesting recipes here that really strikes my palate. It just not fulfill my starvings it also offers maximum health benefits.

Are you a smoothie fan yet? Grab this book. I discovered something that quickly changed my lifeâ ª red smoothies. This blended drink of fresh fruits gave me energy, a fast healthy meal and transformed our bodies from the inside out. This book really lays a solid groundwork to understand using smoothies as an important tool in long and healthy living.

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Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Smoothie Recipes - Top 200 Smoothie Recipes: (Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food) 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) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book 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,) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) 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) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers,

Weight Watchers Simple ... loss tips, weight watchers for beginners) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes)

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