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(Mekhi Crona)


SMOOTHIE RECIPES BOX SET: WEIGHT LOSS EDITION COCONUT OIL, GREEN AND PALEO SMOOTHIE RECIPES (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 256 x 180 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Loss Smoothie Box SetSmoothies are the secret sauce to weight loss!Book #1 Coconut Oil Weight Loss ShakesHave you heard all the hype about how coconut oil is so effective for weight loss? Do you believe it? If not, you should. If you were to visit the places in the world where their diet is predominately coconut, you are going to see some of the healthiest people alive.Why Is Coconut So Great? MCT s that is why. Medium chain triglycerides are the magic inside coconut. These fats are processed differently in our body and basically go straight to energy. Your body loves MCT s and burns them instead of storing them as fat.There is also the fact coconut can help boost your metabolism. A fully functioning metabolism basically makes you a fat burning machine capable of enjoying the treats you want without the negative side effects.Book #2 Crush Your Weight Loss Goals With These Smoothie Recipes101 Smoothie Recipes For Weight Loss, Going Green and Overall Health is a compilation of fresh fruit and vegetable smoothie recipes for people who want to lose weight and get some greens in their life. There isn t a specific section for weight loss as all these health enhancing smoothies are going to support your weight loss goals. Besides there is a deadly weight loss plan included with the book.Smoothies are not some miracle fat burner but work in conjunction with healthy eating. They work great for meal replacements or for people who just cannot eat enough vegetables. Vegetables are a weight loss plan s best friend so you want to get chummy with them. The point is if you think you can just...

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