



The Superfood Smoothie Recipe Book: Super-Nutritious, High-Protein Smoothies to Lose Weight, Boost Metabolism and Increase Energy (Smoothie Recipe Book Series) (Volume 3)

Kasia Roberts RN

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Are you tired of the same old milk and cereal sloshing around in your belly all morning?? Research shows that Americans who start their day off with milk and cereal on average consume 1 pound of sugar per week! Yikes!!! Start your day off right with a high-protein, nutritious smoothie that will keep you full and satisfied till lunchtime, regulate your blood sugar level and help you loose weight! Dairy-Free, Gluten-free, Vegan and Paleo Approved!!! Traditional cereal grain-based breakfasts are high in sugars and other simple carbohydrates, contributing to obesity, diabetes and sugar cravings. They also present problems for people with dietary requirements, such as gluten, lactose or egg allergies. This book explores the breakfast smoothie as an alternative source of high protein nutrition; making it an ideal meal replacement for people with Celiac disease as well as those who are lactose intolerant and/or vegan. The smoothies in this book are also made with superfoods such as chia and hemp seeds, kale and other goodies designed to give you the ultimate nutrition boost! Smoothies are easy to customize for a range of dietary restrictions, and allow for a precise approach to nutrition. Additionally, with these recipes they can be made to taste delicious! With these 21 superfood smoothie recipes it's easy to pack in the protein and low-GI carbs you need to feel energetic and full throughout a busy morning! Included in this guide are breakfast smoothies for Post Workout Recovery, Fat Fighters and Metabolism Boosters as well as Anti-aging, Cancer Protection and much more! SCROLL UP AND GET YOUR COPY TODAY!!!

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