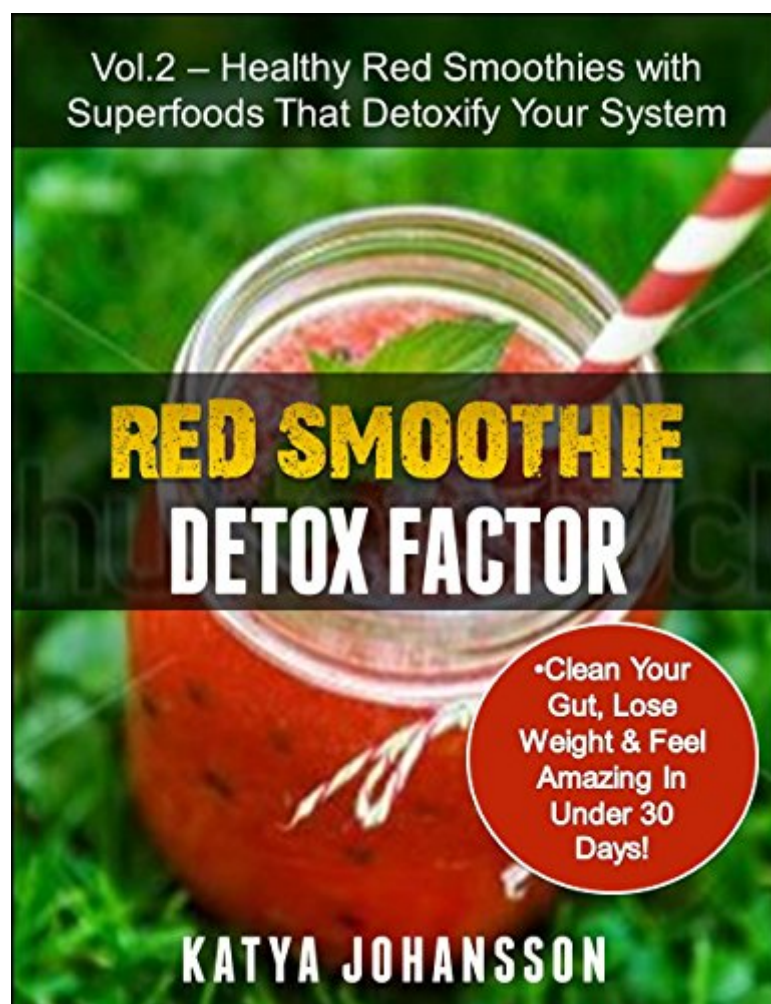




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Red Smoothie Detox Factor: Red Smoothie Detox Factor (Vol. 2) - Healthy Red Smoothies With Superfoods That Detoxify Your System





Synopsis

Red Smoothie Detox Factor - Vol. 2 Get 35 Nourishing Red Smoothie Detox Recipes W/ Superfoods, That Clean Your Gut Help You Lose Weight Feel Amazing In Under 30 Days! Load Up On Nutrients With Superfoods Red Smoothies Superfoods + Red Smoothie Detox = Better Overall Health! "Super Foods" - are health foods containing huge amounts of nutrients. They are the most powerful type of food - the most concentrated and feeder available. The dominant feature of these foods is to relieve symptoms of many diseases. They have the ability to heighten energy levels and vitality and are an optimal choice to strengthen the immune system and to improve overall health. Superfoods, stimulate sexuality and support detoxification of the body. They supply much of the body's needs in protein, vitamins, minerals and essential fatty acids, and this is just the tip of the iceberg... "Superfoods" feed us at a very deep level. They allow us to get more nutritional food in less quantity. They help over time to strengthen the brain, bones, and the immune system. Here Are Some of The Red Smoothies Inside This Book:

1. Red Smoothie with Blueberries
2. Red Smoothie with Strawberries
3. Beet smoothie with almonds
4. Grapes Smoothies with Avocado
5. Red Berry Smoothie with Chia
6. Cherry Smoothie with coconut
7. Red Grapes Smoothie with Green Tea
8. Tomato Smoothie with Carrots
9. Red Smoothie with Apricots
10. Summer fruit Smoothie
11. Strawberry Smoothie with Dark Chocolate
11. Red Smoothie with Soy Milk
12. Strawberry Smoothie with Pumpkin
13. Beetroot and Plums Smoothie with walnuts
14. Red gazpacho smoothie
15. Beetroot Smoothie with Pears
16. Spirulina smoothie
17. Almonds and Pomegranate Smoothie
18. Spinach, Watermelon and Fennel
19. Goji Berry and Watermelon
20. Indian style
21. Health smoothie with Yogurt
22. Frozen Banana Health Smoothie With Nuts
23. Apple Strawberry Smoothie
24. Fruit and Veggie Red Smoothie
25. Honey Superfood Smoothie Recipe
26. Lychee Kiwi Smoothie
27. Root Vegetable Smoothie with Orange
28. Blueberry Fig
29. Oatmeal Raisin Smoothie
30. Sage Mango Smoothie
31. Red Bell Pepper Smoothie with Ginger
32. Red Cabbage with Hemp Seeds
33. Berries and Maca Root Powder
34. Avocado Smoothie with Rice Milk
35. Red Vanilla Smoothie

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