



# **Eating Clean Cookbook: Delicious Eating Clean Blender Recipes To Fast Track Your Intermittent Fasting (Perfect For Juicing Beginner - Juicing Complete Guide): 3 In 1 Box**

*Juliana Baldec*

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# **Eating Clean Cookbook: Delicious Eating Clean Blender Recipes To Fast Track Your Intermittent Fasting (Perfect For Juicing Beginner - Juicing Complete Guide): 3 In 1 Box**

*Juliana Baldec*

## **Eating Clean Cookbook: Delicious Eating Clean Blender Recipes To Fast Track Your Intermittent Fasting (Perfect For Juicing Beginner - Juicing Complete Guide): 3 In 1 Box** Juliana Baldec

Spend a little time with this amazing compilation of 3 books that includes a collection of Juliana Baldec's healthy and scrumptious smoothies that you can add to your Nutri Diet Today for awesome pound dropping results!

The compilation includes 3 books:

Book 1: Juicing To Lose Weight

Book 2: 21 Amazing Weight Loss Smoothie Recipes

Book 3: Paleo Is Like You (Fun Little Paleo Lifestyle Poem a day book with inspirational and motivational rhyming verses to spice up your results)

You will love discovering some new smoothie recipes that you might add to your Clean Eating lifestyle or Diet. Consider these healthy & scrumptious smoothies to spice up any boring diet and finally get the results you want.

If you love smoothies and blender drinks you will love this compilation to complete your smoothie recipe collection.

Forget the old concept because there is no need to waste your time in the kitchen with old school recipes that take too long to make. There is every reason to make smoothies the new and 5 minute quick way so that you will gain more time out of your day and your life!

Learn the new way of adding smoothies to your Clean Eating lifestyle or Diet today if you want to achieve your dream weight.

Empower yourself via healthy and pound dropping smoothies and live a healthier, leaner and cleaner lifestyle.

This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle, and how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time.

This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural assumptions and goals.

Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow (even if you only have 5 minutes

and are very busy) than a boring and unrealistic diet that no one is able to maintain because most diets contain too many hurdles to jump through.

The smoothie lifestyle provides you with lean and clean nutrition all the time and you never feel hungry, tired, frustrated, out of energy and vitality. The vitamin and mineral enriched smoothies keep your body nourished with all the vital elements that your body needs.

The outcome: a happy, vitalized, healthy, lean & clean, healthy and balanced YOU.

You'll soon notice your improved skin and your rejuvenated body and looks.

These health elixirs are going to beautify and rejuvenate your whole system, body, brain and skin.

All your body functions are working in a healthy and balanced manner.

Most diets ask a lot of sacrifices from you, but once you master the Smoothie lifestyle you'll appreciate what it does for your waistline (very effective pound dropper), your beauty (very effective detox) and your health (very effective vitality and energy booster).

Combining healthy smoothies and blender recipes with your Clean Eating lifestyle or Diet that you can make with your favorite high speed blender or hand held mixer like a Blender Bottle, Nutribullet, Ninja, Vitamix, or Omega blender is even more powerful because it is double effective.

Using speedy methods like this is bringing your diet results to the next level of success in terms of productivity and time management.

Inside you'll see how you can not only maximize your dieting results by adding Smoothies to your diet, but you'll also learn how to speed up the whole process and become more productive and result oriented so that you do not only maximize your dieting results...

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#### **Scott Burnett:**

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