



# **Skinny Smoothies: 101 Delicious Drinks that Help You Detox and Lose Weight**

*Shell Harris, Elizabeth Downing*

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Smoothies are not only delicious, convenient, and fun to drink, but they're also a great way to get your daily requirements of fruits and vegetables. However, not all are created equal when it comes to health—some smoothies from a popular chain weigh in at 500, 800, even 1,000 calories! Shell Harris and Elizabeth Johnson have tasted and tested hundreds. *Skinny Smoothies* features 101 original recipes for lighter drinks—low in fat and calories and high in nutritional value—ideal for anyone who wants to lose weight without feeling deprived. The book includes nutritional information and tips on foods and supplements to rid the body of harmful toxins. Try a Glowing Skin Smoothie or an Apricot Energy Punch, and get started on a delicious path to a healthier life.

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Skinny Smoothies: 101 Delicious Drinks that Help You Detox and Lose Weight can be one of your nice books that are good idea. We all recommend that straight away because this publication has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to set every word into enjoyment arrangement in writing Skinny Smoothies: 101 Delicious Drinks that Help You Detox and Lose Weight however doesn't forget the main position, giving the reader the hottest as well as based confirm resource info that maybe you can be certainly one of it. This great information can easily drawn you into new stage of crucial thinking.

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