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Low Carb Smoothies: 80 Delicious Low Carb Smoothies for Weight Loss, Energy and Optimal Health (Paperback)

By Linda Stevens

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.ENJOY OVER 80 MOUTH WATERING LOW CARB SMOOTHIES FOR EXTREME WEIGHT LOSS STARTING TODAY! Even the healthiest smoothies can be loaded with as many as 40, 50, or 60 grams of sugar per serving. YIKES! Each smoothie in this book has been carefully designed to contain less than 15 grams net carbohydrates per serving! They are infinitely a lot healthier than buying smoothies at your local smoothie places, stores or even online. Most of these smoothies also contain some type of healthy fat, which in itself is a great addition to a typical day on the low carb diet. Introducing low carb smoothies to your routine is one of the best and versatile ways to improve your health. Not only are they quick and easy to make but they also contain vast amounts of vitamins, minerals, phytonutrients and fiber. It can be quite difficult to get all your servings of fruits and vegetables on a daily basis. Smoothies provide us with an optimal way to consume the recommended number of servings of fruits and vegetables and load up...



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