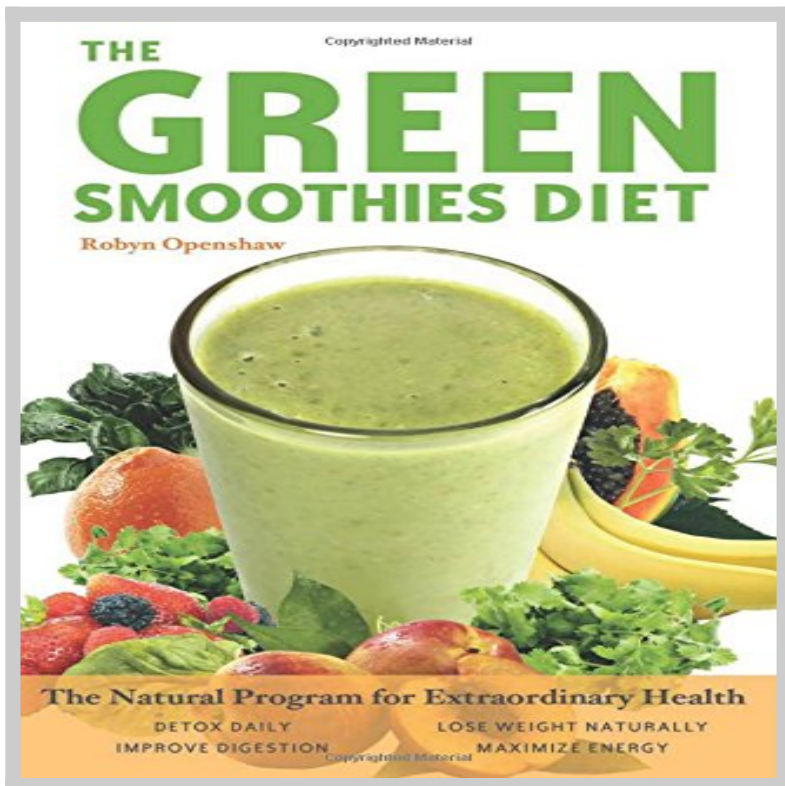


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Green Smoothies Diet Natural Extraordinary Book Preview

CAPTURE THE BENEFITS OF EARTH'S SUPERFOODS

Looking for a quick, flavorful and nutritious way to stay youthful and healthy? *The Green Smoothies Diet* provides the perfect solution! Green smoothies are the best way to power up your body and supercharge your health in just minutes a day. Packing a tasty, nutrient-filled punch in every sip, these ultrahealthy smoothies pair leafy green vegetables with delicious, antioxidant-rich fruits. Discover how green smoothies help you:

â€¢Lose Weight

- â€¢ Detoxify the Body**
- â€¢ Increase Energy**
- â€¢ Fight Heart Disease**
- â€¢ Prevent Diabetes & Certain Cancers**
- â€¢ Boost the Immune System**
- â€¢ Make Skin and Hair Beautiful**

Features easy-to-make recipes like:

- â€¢ Rad Raspberry Radicchio**
- â€¢ Black Kale Blackberry Brew**
- â€¢ Red Pepper Mint Julep**
- â€¢ Grapefruit Cilantro Booster**
- â€¢ Big Black Cabbage Cocktail**