



**No Grain Diet: Smoothies Recipes Guide For
Maximum No Grain Diet Results: Healthy &
Scrumptious Juicing & Smoothie Recipes That
You Can Make With Your Nutribullet Blender Or
Omega Juicer**

Juliana Baldec

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Spend a little time with this amazing compilation of 7 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! This is a 7 In 1 box set compilation of 7 books. This compilation includes Juliana Baldec's 7 titles: Book 1 - 6: 90+ Smoothies & Juices Book 7: Paleo Is Like You - Paleo Food Poetry For The Paleo Lifestyle If you love smoothies and blender drinks you will love this compilation to complete your smoothie recipe collection. Empower yourself via healthy and pound dropping smoothies and live a healthier, leaner and cleaner lifestyle. 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. 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 Nutri 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. 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 by adding smoothies to your diet plan, but you will ultimately double your time and your life because of these productivity hacks that you will discover inside. Inside this Smoothie lifestyle compilation you'll also find drink recipes that you can add to your Nutri Diet in order to improve your diet results like: * Secret Morning Elixir To Start Your Day With Vitality & Energy * Exotic Coconut & Green Superpower Ginger Smoothie * Double Melon Elixir * Natural Purple Energy Miracle * Blueberry Coconut Veggie Detoxer * Beet & Black Radish Liver Cleanser * Green Gold Juice much more... (60 clean & lean recipes in total) Especially busy people will be amazed how quickly and how easily a 5 Minute time investment will enable them to change their habits and to change their way of life and to turn dieting into a life changing and empowering process and experience. The power of combining your diet with smoothies will help you tap into new powers of dieting and to finally get results! The new expanded edition also includes: * Helpful Resources * The latest tools and tricks, as well as high-tech shortcuts and hacks for living a lifestyle with smoothies and blender drinks like a fitness Guru without being one * Activity & discovery Poem a day book with inspirational and motivational rhyming verses for an entertaining dieting experience. Clean Gut: 49 Clean Eats Recipes For

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