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Brain Nutrition: Reboot Your Body Mind for a Maximum Effect with Brain Nutrition: Smoothies Recipes Guide with Complete Nutrition Rich Green Vegetables and Fruits Juice Recipes with Vitamins, Minerals Nutrients for Maximum Brain

By Juliana Baldec

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Spend a little time with this amazing compilation of 2 books that includes a collection of Juliana Baldec s healthy scrumptious smoothies that you can add to your Diet Brain Nutrition Today for awesome pound dropping results! The compilation includes 2 books: Book 1: Juicing To Lose Weight Book 2: 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 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 waist 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!...

Reviews

If you need to adding benefit, a must buy book. It is actually rally interesting throgh reading time period. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Olen Mills**

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-- **Anahi Heaney**