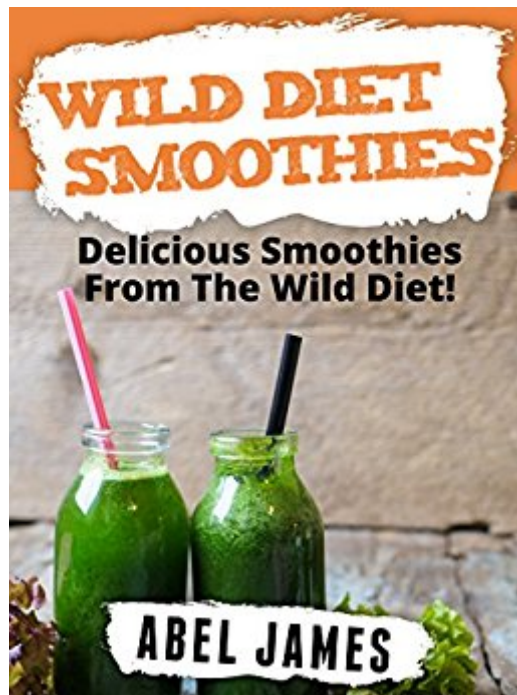


The book was found

Wild Diet Smoothie Recipes: 20 Delicious And Official Wild Diet Approved Smoothie Recipes



Synopsis

Are you ready to try the healthiest and tastiest smoothies on the planet? Then join Abel James, best-selling author of *The Wild Diet* and explore 20 mouth-watering smoothie recipes you won't find anywhere else. Plus, all recipes are 100% Wild Diet approved and very low in sugar! Here are just a few of the smoothies included in this book: ** Chai Spice Green Smoothie** Dark Chocolate Mint Green Smoothie** Total Cleanse Red Smoothie** Frozen Mocha Green Smoothie ** Rosemary-Raspberry Green Smoothie** Strawberry âœMilkshakeâ • Green Smoothie** Chocolate-Cherry Green Smoothie ** Peaches â™nâ™ Cream Green Smoothie ** Abelâ™s High Performance Smoothie** Plus many more one-of-a-kind smoothie creations from the Wild Kitchen!

Book Information

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Non-Alcoholic #144 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

This is a back to basics kind of book. Eat like they did generations ago. It's been only two weeks since I've started, and I already feel so much healthier. I've only lost a pound, but I also don't have much to lose in the first place.

These smoothies are delicious, low-sugar, and make it really easy for me to stay focused on my

health! I have one almost every day. Thanks!

Good Recipes, lack of content optimization. The content seems to have no beginning or end for each recipe. No pictures to show what it's supposed to look like. Not very use friendly on the kindle app for iPhone.

After reading this. ...i feel that the reason I have struggled with my weight is because of all this process crap. 8 pnds down so far

This book is simply amazing and quite helpful. I would definitely recommend this to all of my friends and family

Don't worth the few dollars..sorry I thought I was going to get something that I have not received for free in other sites.

This will help you build nutritious smoothies that will give your body fuel to get through the day.

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