



Green Smoothie Cleanse: Detox, Lose Weight and Maximize Good Health with the World's Most Powerful Superfoods

Lisa Sussman

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Unleash the power of leafy greens for a one-of-a-kind cleanse that doesn't leave you starved or deprived. The easy-to-follow program in this book packs key vitamins, minerals and antioxidants into tasty and healing smoothies, including:

- Spinach and Chocolate
- Collard Waldorf Salad
- Kale Green Goddess
- Mustard Greens Curry
- Parsley Chai Latte
- Bok Choy Stir-Fry

With tips on preparing smoothies ahead of time and transitioning on and off the cleanse, this book will transform you from head to toe. By drinking ultra-nutritious, delicious superfoods, you'll feel amazing inside and out as you achieve:

- Weight loss
- Detox
- Clear skin
- Stronger immunity
- Increased energy

Green Smoothie Cleanse: Detox, Lose Weight and Maximize Good Health with the World's Most Powerful Superfoods Details

Date : Published January 14th 2014 by Ulysses Press (first published December 10th 2013)

ISBN : 9781612432670

Author : Lisa Sussman

Format : Paperback 240 pages

Genre :



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From Reader Review Green Smoothie Cleanse: Detox, Lose Weight and Maximize Good Health with the World's Most Powerful Superfoods for online ebook

Precy Larkins says

I got this book for free through Goodreads First Reads.

Informational and straightforward. There are lots of recipes to try, though I've yet to try them (just haven't gotten to it yet). I do believe in the power of eating healthy, so I'm really glad I won this book. It'll be a good resource for when I need to detox.

Patricia says

I received this book today as a "goodreads" giveaway winner. It explains the difference between a cleanse and a detox. Basically a variation of recipes and explanations for drinking your fruits/vegetables accessorizing with nuts, grains or spice. Smoothie recipes for a one or two day cleanse as well as for an entire week. Explanation on how you can expect to feel while going through a cleanse. (I hope you like spinach)

Kendra Nichols says

I love the recipes in this book! I've never been one to really think about things like how much fat and calories are in certain foods, or ridding my body of toxins that have built up in my system. Now, after reading this book, I know a lot more than I did and after trying some of the recipes and using what I've learned in my everyday life I feel more active, I don't feel sleepy all the time, and I have an all around better attitude. If you're wanting to give your life a nice boost this is a great book to get you started, not only does it have useful information but it also has great recipes too. I think my favorite recipe I've tried so far is the Post-Workout smoothie because it gets me up and going again after a nice run in no time.

Alesha says

This book tells the differences between detoxes and cleanses, so whether a novice or perennial user, this book is extremely useful and full of information.

I received this book as the result of a Good Reads giveaway, but all opinions and reviews are mine alone.

Barbara says

Loved this book. The cleanse/detox is full of all my favorite foods, so it should be easy for me to do. Helps with digestive issues, inflammatory issues, and you can lose weight while you're at it! Very sensible book!
