

This is a 2 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 2 titles: Book 1: Clean Eating Book 2: Smoothies Are Just Like You! ...from one of America's most passionate advocates of turning common and sick making food choice into a healthy & balanced lifestyle that includes 5 minute quick & effortless to make, tasty, healthy, vitality and energy boosting smoothies and juices. Not only can these healthy blender recipes drinks boost your health, wellness & happiness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing weight and keep it off, and many other health benefits. When Juliana got started with smoothies and juices, she was able to shed 20 pounds during a period of 2 months. Since then she has been able to keep that weight off. Her secret: She turned these nutritious and satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir, that she is going to share with you inside, and a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also able to get rid of her nasty breathing and Asthma problems at the same time. Consuming a combination of these fruit smoothies, vegetable smoothies and juicing recipes will help your body get rid of sick making toxins, boost your vitality and energy, get rid of nasty body conditions like Asthma, rejuvenate your body, provide your body with a natural immune system, detoxify and clean your body, turn your body into a lean body, shed pounds, and more. People are reporting that fad diets never worked on them, but when sticking to this lifestyle of smoothies and juices they were able to lose weight and never gain the weight back afterwards unlike it happens with many of these fad diets. Most people are regaining the weight after following a diet. This is not a fad diet were you gain weight after you are done because this is a healthy and natural lifestyle choice and this is the reason why it also works for weight loss & keeping the weight off. People who have achieved similar results like Baldec by consuming smoothies, juices, and her secret morning apple cider vinegar elixir in combination with a light daily meal plan all agree. This is the most natural and nutritious way to nourish your body and brain while getting amazing weight results as a side benefit. The recipes are 5 minute quick and easy to make no matter if you use the best juicer or blender or if you use your regular hand held kitchen supply. As a result of following this juicing and smoothie lifestyle your body will turn into a lean and clean body that is full of energy, vitality, and life! From her fruity smoothies and juices to her leafy green, raw, vegetable, and vegetable/fruit combined smoothies and juices such as her vitality boosting blender drinks like the: * Nutri Blaster * Natures Candy * Kefir Peanut Butter Smoothie * Hazel Banana Vanilla Walnut Cream Smoothie * Vanilla Smoothie Delight & many more... These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body in a truly satisfying way. You will find recipes that boost your body and brain, help you with weight loss, detoxification, boosting up your immune system in a natural way, healing from the inside out, and many other health benefits. She also includes tasty & no guilt delights that are going to relax your mood and soul and make you happy like the Coffee Cream Cinnamon Smoothie Booster, the Avocado Banana Berry Avalanche...

Anthem, The Cat Lottery, Pies and Mug Cakes Box Set (6 in 1): Perfect Homemade Pies, Low Carb Recipes, Quick, Easy and Healthy Mug Cakes without Guilt (Low Carb Desserts), Mink, Vol. 5, Essential Italian (Berlitz Essentials), Street in Riga Latvia Journal: 150 page lined notebook/diary, Cautionary Tales: Young People, Crime and Policing in Edinburgh, In

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