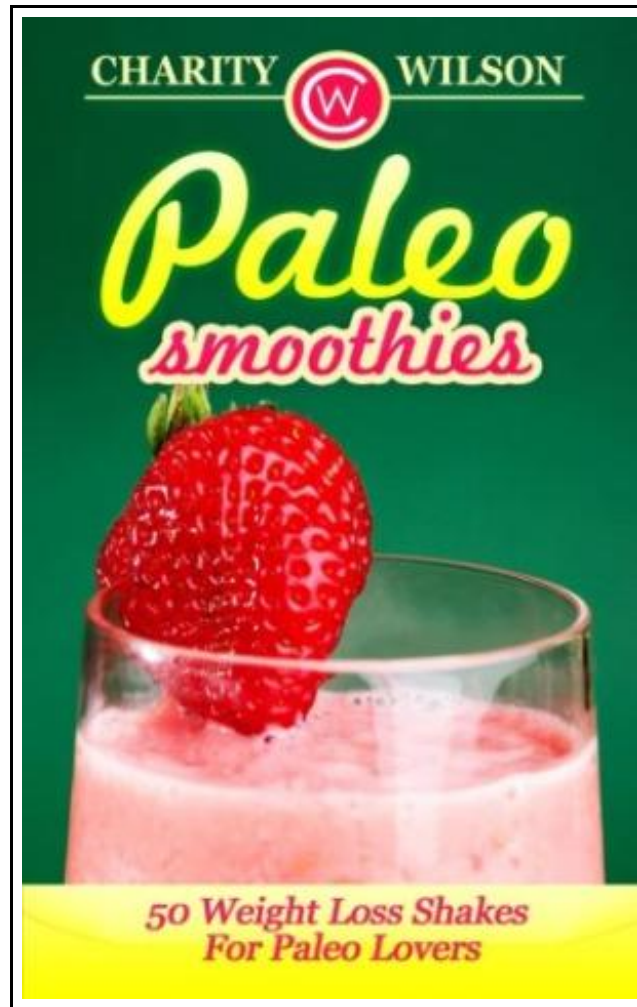


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Reviews

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(Mrs. Jane Quitzon DDS)

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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo lovers get your veggies on!Paleo Smoothies For Smart PeopleNo time to cook? Join the club. Intimidated by the thought of having to eat all these extra vegetables? Don t be. This book has you covered with 50 delicious Paleo Smoothies that are easy and quick to make.Why Bother With Paleo Smoothies? Convenience leads to weight gain but can also lead to weight loss. It is a powerful tool. Eating a pound of vegetables a day can seem like an inconvenience but drinking a couple weight loss shakes that support your Paleo eating is super convenient.If you don t make eating healthy feel convenient, you will eat unhealthily. It is that simple.A Paleo diet derives its health benefits from the fact you cut the crap and add in ample amounts of vitamin and anti-oxidant loaded fruits and vegetables. If you are not a fan of chewing cup after cup of broccoli and kale then smoothies will be your saving grace.Paleo Is Stupid SimpleThat doesn t mean it doesn t take effort to follow a Paleo diet, but it is not complicated at all. At its foundation, it is one of the most basic forms of eating available. The Paleo smoothie recipes you find inside are stupid simple. That is what makes them great.Complicated just leads to frustration and weight gain. Find someone who isn t frustrated with their diet and you will be looking at a person that is most likely in great shape. When eating isn t a chore, neither is losing weight.The important thing is that you find enough Paleo recipes you love so you do not stray away from getting the amount of vegetables you...



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