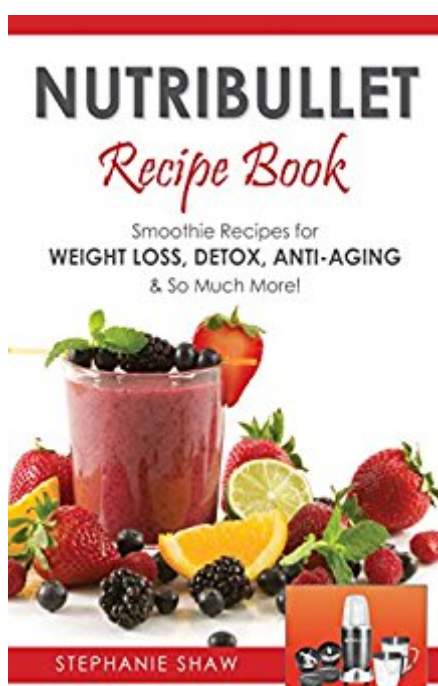


The book was found

# Nutribullet Recipe Book: Smoothie Recipes For Weight-Loss, Detox, Anti-Aging & So Much More! (Recipes For A Healthy Life Book 1)



## Synopsis

The push button way to extract ALL of the nutrients natural food has to offer in tasty & delicious smoothies using cutting edge technology. Grady Harp: Hall of Fame, Top 100 Reviewer, Vine Voice

“Stop thinking and start whizzing.”

• Why Use the Nutribullet? The Nutribullet is a breakthrough device that enables you to extract all of the nutrients available from natural products. Unlike commonly available smoothie makers and juicers, the Nutribullet has been engineered to enable you to exploit nutrients from the skin & seeds of fruit & veg which often is where the major source of natural goodness is stored.

What’s So Special About Your Recipes? Using my specially formulated recipes, you’re able to:

- Achieve optimum health
- Have boundless energy & vitality
- Achieve & maintain your ideal weight
- Look radiant
- Live a long healthy life

My recipes all list nutritional information & have all the nutritional features you strive for (the odd naughty day higher calorie exception!):

- Low fat
- Low calorie
- Low sugar
- High fiber

Why Should I Take Notice of You? After many years as a Diabetes Specialist Nurse prescribing & practicing a healthy lifestyle, I’m well aware that you will want recipes that:

- Are affordable & easy to make
- Are tasty & delicious
- Give fast results
- Fit in with a busy lifestyle

Otherwise the enthusiasm to continue their new healthy lifestyle has the potential to wane and old unhealthy ways return. I designed these recipes with these factors as vital components.

Tell Me More About Your Book? There are chapter seven chapters that include recipes. Each chapter deals with a specific issue and the recipes have been specially formulated to meet your requirements.

- Healthy Heart** – one in four deaths in the US are through heart disease.
- Detoxification** – we consume (knowingly & unknowingly) many chemicals & toxins.
- Weight loss** – 68.8% of adults are considered to be overweight or obese.
- Radiant Skin** – with radiant skin you will ooze health & confidence attracting attention from both the opposite sex and in your work life.
- Energy Boost** – one in ten people have persistent low energy.
- Anti-Aging** – we are living far longer than people have done in the past.
- Superfoods** – this section is for people who really want to give their body a concentrated boost of all of the vitamins and nutrients they need.

By now I’m sure you can’t wait to satisfy your taste buds & pump your body with all the goodness nature has to offer. Here’s a small selection to tempt you further:

- Chia Seed Rainforest Smoothie
- Berry Breakfast Smoothie
- Flat Belly Smoothie
- Smoothie for Radiant Skin
- Shamrock Smoothie
- Antioxidant Anti-Aging Smoothie
- Raw Mint Chocolate Smoothie
- Bananarama Smoothie

Don’t worry if you don’t have all of the ingredients for the recipes. You can substitute or miss out on ingredients. The main point is you are boosting your body with all the goodness nature has to offer. Take a step towards a longer, healthier & happier life. A life with more

energy, more time & less weight. Your new radiance & confidence awaits you. Scroll up to the top of the page and download your copy without hesitation to see immediate benefits!

## **Book Information**

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## **Customer Reviews**

Paper back book, some black & white fotos, the only color ones are for the covers, simple reading (ingredients, directions, nutritional information), easy to follow recipes, every recipe is for the nutri-bullet. I like this book a lot. 99 pages. Compact book.

A great recipe book for my Nutribullet. I have tried a few of the recipes in the book and I thought they were really good. I would recommend this book to anyone.

I had so much fun trying out every recipe. Obviously you can add whatever you want to any recipe. Ok but I suggest that you try it as it dictates. I have a few favorites that I will be drinking every day.

Some recipes does not make sense. Maybe it needs a good proofing.

Okay. Keep you from busting your Brian out for a recipe. But for me I had todo some modifications to the recipe.

"Very imaginative and useful."

I make fruit-veggie smoothies every morning, and these recipes are simple and delicious

Don't get much use out of it. I found a couple of recipes that I use repeatedly, but the others do not sound interesting. Depends on personal taste.

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Anti-Inflammatory & So Much More! (Recipes for a Healthy Life Book 2) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) The Juicing and Smoothie Recipe Book: The Complete Guide to Healthy Juices & Smoothies – Easy recipes for Weight Loss & Cleanses – Suitable for the Nutribullet, ... Ninja and Vitamix (Juicing for Beginners) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes – Look Good – Feel Better – Live Strong (Smoothie Bible) ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Diabetic Nutribullet Recipe Book: 60 Delicious And Healthy Low Carb Diabetes Diet Friendly Smoothies And Juices (Diabetes Cookbook, Diabetes Diet, Type ... Lower Blood Sugar, Nutribullet Recipes)

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