



Nutribullet Weight Loss Smoothies All Under 200 Calories: - Includes Recipes, Calorie Content, Nutritional Information, Health Benefits. (Paperback)

By Karen Simms

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.NutriBullet Weight Loss Smoothies all Under 200 Calories The NutriBullet is an innovative, groundbreaking piece of machinery that has transformed the health of millions worldwide. Its unique cyclonic action breaks down and crushes food, unlocking valuable nutrients and enzymes contained within. It is quick and easy to use, and produces healthy, nutrient-rich smoothies for all your family to enjoy. Transform your diet and add years to your life! The recipes in Nutribullet Weight Loss Smoothies have been designed with taste and calories in mind. Each recipe is broken down as follows: The exact calorie content of each recipe. The amount of fat, protein, fiber, and sugar in each recipe. The health benefits of each recipe. There is also a separate chapter outlining the calorie content of each individual fruit, vegetable, or smoothie booster, broken down into low calorie foods and high calorie foods. This will enable you to devise your own personal, delicious recipes if you wish or substitute certain ingredients if you do not have them to hand. Find out what common mistakes are made by people...



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