



Smoothie Recipes Box Set: Weight Loss Edition Coconut Oil, Green and Paleo Smoothie Recipes

By Darrin Wiggins, Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 256 x 180 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Loss Smoothie Box Set Smoothies are the secret sauce to weight loss! Book #1 Coconut Oil Weight Loss Shakes Have you heard all the hype about how coconut oil is so effective for weight loss? Do you believe it? If not, you should. If you were to visit the places in the world where their diet is predominately coconut, you are going to see some of the healthiest people alive. Why Is Coconut So Great? MCT s that is why. Medium chain triglycerides are the magic inside coconut. These fats are processed differently in our body and basically go straight to energy. Your body loves MCT s and burns them instead of storing them as fat. There is also the fact coconut can help boost your metabolism. A fully functioning metabolism basically makes you a fat burning machine capable of enjoying the treats you want without the negative side effects. Book #2 Crush Your Weight Loss Goals With These Smoothie Recipes 101 Smoothie Recipes For Weight Loss, Going Green and Overall Health is a compilation of fresh fruit and vegetable smoothie recipes for people who...



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Reviews

A must buy book if you need to adding benefit. It is actually writter in basic phrases and never difficult to understand. I found out this book from my dad and i advised this publication to find out.

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