

The Skinny Fruit-Infused Water Recipe Book (Paperback)

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Reviews

Thorough information for publication lovers. it was actually writtern extremely properly and useful. I found out this publication from my i and dad suggested this book to learn. (Dr. Garnett McLaughlin II)

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THE SKINNY FRUIT-INFUSED WATER RECIPE BOOK (PAPERBACK)



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Bell Mackenzie Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Skinny Fruit-Infused Water Recipe Book Delicious, detoxing, no-calorie vitamin water to help boost your metabolism, lose weight and feel great! The health benefits of drinking water are well documented including skin cleansing, detoxing, balancing fluids as well as being the perfect companion for general fitness and dieting. Add fruit infusion and as well as getting a great tasting refreshing drink, suddenly your body is also benefiting from the natural vitamins and minerals which are abundant in fruit. Fruit Water is a great alternative to sugary drinks and its zero calories makes it ideal if you are looking to get in shape. The Skinny Fruit-Infused Water Recipes are simple, quick and easy: generally a combination of fresh fruits, vegetables, and herbs immersed in cold water. All the recipe ideas in this book have been developed for use in a 750ml/3 cup size fruit infuser sports bottle but quantities can easily be altered to make a single glass or large pitcher jug which you can leave cooling in the fridge and go back to time and time again. You may also enjoy. The Skinny NutriBullet Recipe Book: 80+ Delicious Nutritious Healthy Smoothie Recipes. Burn Fat, Lose Weight and Feel Great! The Skinny Blend Active Recipe book: Great tasting, nutritious smoothies, juices shakes. Perfect for workouts, weight loss fat burning. Blend Go! The Skinny Juice Diet Recipe Book: 5lbs, 5 Days. the Ultimate Kick-Start Diet and Detox Plan to Lose Weight Feel Great!.

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