



The 10-Day Green Smoothie Challenge: 27 Easy, Delicious and Healthy Smoothie Recipes to Lose 15 Pounds in 10 Days

By Maggie Fitzgerald

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Did you know that there's actually an easy way to make healthy eating fun? That it's possible to make vegetables taste just as good as your regular milkshake? Thankfully, there's a way to make all of this possible and it's through a regimen called the green smoothie diet. In Maggie Fitzgerald's new book, *The 10-Day Green Smoothie Challenge*, she will show how you can maintain a healthy lifestyle while satisfying your cravings for sweet delicious treats like green smoothies. Not only are these blended drinks delicious but also nutritious and easy to prepare. Fitzgerald, a nutrition health expert who studied raw green diets for many years, has learned that one of the most effective ways to make people stick to a diet is to prepare it as easy and convenient as possible. In this modern world, most people find it difficult to spend even 30 minutes in the kitchen knowing that they can just grab a meal at the nearest fast-food store. There's also the fact that not all vegetables taste great....



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