



Smoothie Cravings: Essential Advice & Healthy Green Smoothie Recipes to Help You Lose Weight, Detox, Fight Disease and Boost Your Energy

Ravi Kishore

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"Who Else Wants To Have A Healthy And Vibrant Life Through The Smoothie Cravings in 7 Days (Or Less)- Guaranteed?"

If you are interested in learning everything there is to know about Smoothie, than this is going to be the most important information you'll ever read...

It's amazing, because it covers nearly every bit of information you wanted to know about Smoothie, plus more..

The Secrets of Green Smoothie Recipes For Weight Loss

The only effective solution is to consume foods with a low sugar content, high water content, and are low in fat and calories. Most people may wonder exactly where can we find miracle foods like these? Oh yeah, in your grocery's produce section or at your local farmers market! With the huge selection of produce offered, it may get a bit difficult and confusing to figure out which foods work the best for you. Do not fret; I have you covered.

Discover Nutritional Synergy When You Drink Green Smoothies

Synergy occurs when components of different foods work together and their effects are increased. They become more potent and more powerful than if they were consumed alone.

Is A Green Smoothie Fast In Your Future? How Does The Smoothie Diet Work?

This dietary method can assist in shedding unwanted extra pounds while concurrently boosting energy. You will be drinking all your meals while on a smoothie fast. Some people believe that green smoothies are better than juice fasting as they deliver fiber!!

The Power Of Green Smoothies For Detoxification And Cleansing

Toxins induce sickness and disease in the human body. There are many effective products available on the market that claim to cleanse and detox the body. While they may be effective, many of them contain harsh chemicals and solvents that may not be suited for just anybody.

Green Smoothies: The Sources Of Positive Energy

Have you ever felt tired after sleeping eight hours or taken a nap and discovered that you still felt fatigued? Well you are not alone and like most Americans you probably suffer from a diet lacking adequate nutrition. Rather than grabbing a soda, energy drink, or a cup of coffee, try a green smoothie.

Beauty Cravings - A Natural Anti-Aging Therapy

Upon gazing at yourself in the mirror, you notice that your face has lost its luster. Your complexion is faded, and tiny wrinkles are starting to appear around those creases in your eyes. You wonder, just briefly, the cost of plastic surgery and then shake that idea out of your head accepting the fact that you are aging.

A Miracle to Lower Blood Pressure

Green smoothies are the little miracle workers that have the ability to lower your blood pressure while completely eliminating your medical condition all together.

Utilize the Health Benefits of Green Smoothies for Diabetes

To reduce their dependency of insulin medications, most diabetics have utilized healthy meal plans consisting of fruits, vegetables, and whole grains as they deliver essential nutrients to the body. This adjustment to healthy eating habits will help to stabilize their blood sugar levels.

Green Smoothies - Actively Fighting Cancer; New Age Treatments & Healing: Being Diagnosed With The Big "C" - Cancer

Green smoothies have been known to halt the growth of the bacterium throughout the entire vessel and stop it from spreading to the bloodstream, organs, and other tissues, as well. It has been found that consuming leafy type greens and fruits rich in chlorophyll, iron, nutrients, and enzymes can flush out the kidneys.

Top smoothie Recipes Including Quick Tips, Good, Bad and Nutrition Values

These recipes can be prepared quickly in your Kitchen and helpful to "Lose Your Unwanted Fat" and Restructure Your "Body's Immune Systems".

Smoothie Cravings: Essential Advice & Healthy Green Smoothie Recipes to Help You Lose Weight, Detox, Fight Disease and Boost Your Energy Details

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From Reader Review Smoothie Cravings: Essential Advice & Healthy Green Smoothie Recipes to Help You Lose Weight, Detox, Fight Disease and Boost Your Energy for online ebook

Lisa Brown says

Lots of recipes

Lots of recipes

lots of great recipes I want to try in my new blender. lots of recipes for smoothies without bananas as well.

Demelza Carlton says

This book is a combination of nutritional advice, recipes and motivational discourse on how you can achieve good health.

The recipes look really good and I'd love to try a fair few of them - though some of the ingredients will be hard to obtain in Australia, and many of the measurements are in imperial units.

The nutritional advice is relevant and not too technical - giving enough information for the smoothie-maker to be truly making an informed decision about their health.

The only reason I don't give this book five stars is because I HATE motivational speeches about my health and this book starts every chapter with a short one. This is personal and not a reflection on the author - in fact, Kishore's arguments for the what and why of good health are as good as that of some of the highly successful personal trainers I've worked with. It's not Kishore's fault that something in my mind snaps at such speeches and they have the opposite effect, making me want the TV, couch and a lot of chocolate.

All in all, well worth it if you need convincing of the benefits of blended smoothies for your health kick...and the kick in the nether regions to get you to do it.

connie reisdorf says

Smoothie covert

I never thought I would like drinking smoothies, I prefer to crunch and munch my food. I was very surprised at how tasty the recipes in this book are and how much I enjoy having a quick nutritious drink that is very satisfying. Thanks for opening up my eyes!

Adelyn says

Smoothies Galore!

Lots of recipes with good information. I like how it is broken down by what you want to accomplish like weight loss or dealing with diabetes. Good explanation about what different can due to improve ones intake of nutrients.

Took a star off for editing. That could have been better.

Amanda Leeber says

I wanted to give this a higher review, but something is seriously wrong with the formatting in the last quarter of the book. So bad, in fact, I can't read all of the ingredients for the recipes. A critical part of the book. Please update and push a revised (reformatted) version and I'll be happy to update my rating. Thanks.

Kelly Hull says

When I first saw this book, my first thought was how lucky I was to find it. I have juiced before and I always hated that I was wasting so much of the fruits and vegetables by discarding everything but the juice. I do like smoothies and only have a few recipes to work from, so this book was quite a find.

I tried to find the author's credentials to see if he was a doctor and if this was based on medical research and I didn't find much there (even with a little digging) but it does say he is in the medical field and I figured, hey it's food, not medications. On that note though, it would have been nice to know more of the background of the author's history in the health industry as well as education.

That being said, it is very detailed and he does seem to know what he is talking about, even quoting other pieces of literature from time to time as well as studies and research. All in all, it was good enough for me.

There were some formatting issues (in my opinion) with white blank spots that confused me when I thought it could just continued on and split the paragraph off. Not a bit deal, but a bit distracting.

Another minor complaint is that the books seems to be the cure-all for everything and while I know food is a BIG player in the state of our health and well being, it's not everything. When I got to the section about beauty enhancing, I had to stop myself from rolling my eyes with all the references that this was almost like the fountain of youth. Again, food does play a role in our health and one could even say beauty, but I'm not sure if a smoothie is going to fix my crow's feet. It does speak for the belief the author has in smoothie consumption, which I really can't fault him for. It's obvious he's passionate about health.

Okay, now to the really good stuff, the things I loved.

LOVED

1) The little paragraph before the recipe explaining the smoothie in more detail. This is where I figured out if I was going to like it or not. Anything that contained tomatoes, I passed over. I may go back to it later when I

am a more experience smoothie drinker, but I'm sticking to the more traditional and sweeter ones for now.

2) I loved the nutritional information below the recipe. That must have been a ton of work to put together and I'm happy I have it for reference.

3) The book is written in a way that seemed to motivate me to want to eat healthier and it also seemed to put it together in a way that made it seem very attainable. I will not be able to try all of them right away, but I am planning on trying a new one every week.

4) This book is well worth the price due to the shear amount of recipes in the book.

5) I also liked the parts with the "tips" and the good and bad parts of certain foods and maybe even over-doing it (too much of a good thing.) This section is where I felt like the author was doing his due diligence and understanding that some things can be over-consumed as well.

As far as recipe books go, this is a very good one and I liked it so much, I bought my sister-in-law one for Christmas. I really like the idea that I'm going to be able to get these great fruits and vegetables in me in an easy way since it is true that I am kind of a picky eater.
