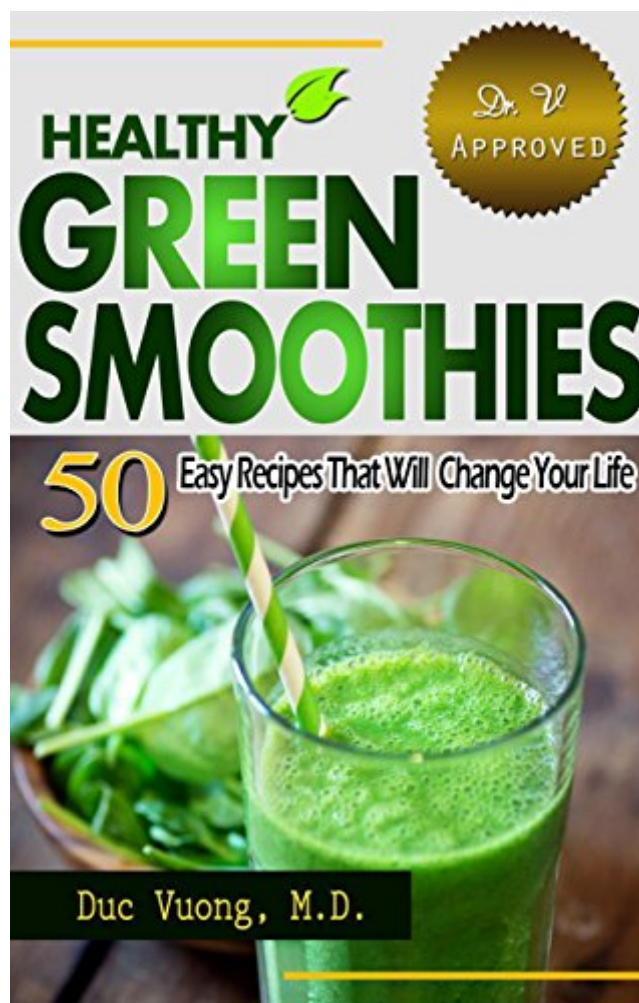




The book was found

Healthy Green Smoothies: 50 Easy Recipes That Will Change Your Life--With Photos



Synopsis

In his Dr. V Approved Wellness Series, Support Surgeon, Dr. Duc Vuong is augmenting his teachings of a healthy life by providing this recipe book for 50 simple but delicious smoothies. Dr. V teaches that one of the essentials for a healthy life is a consistent morning ritual. The cornerstone to that morning ritual are green smoothies that are packed full of nutrients and vitamins. Each recipe comes with a photograph of the final smoothie. These easy to prepare recipes will definitely help you to jumpstart your new life!

Book Information

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Customer Reviews

Once again Dr. Vuong has created a book that is easy to read with some great recipes for smoothies. Most of us think we have to endure the store bought protein shakes once you have weight loss surgery, but Dr. V shows us some great healthy, natural recipes full of great nutrients!

Love my green smoothies!! They have replaced my normal breakfast!! More energy n feel great!!

Whether your in the Bariatric community or not, buy everything you you can of Dr. V's. His knowledge & education is mind blowing. Buy everything, I did, nothing has disappointed yet.

Dr. Young shares his delightful array of recipes for fresh, healthy and delicious smoothies. Great photographs and easy to follow instructions. You'll quickly become addicted!

Love this book. Great recipes!!

Great selection of smoothies. I like how nutrition information and the benefits are shown along with a picture. Instructions are straight forward. My favorite smoothie book.

Enjoy trying all the delicious and healthy smoothies! Thos book gives you so many different options that you never get bored with your morning smoothie! Definitely a must buy to help increase weight loss success and add nutritional foods into your diets easily!

This book has helped me tremendously by adding a variety of recipes for my morning smoothies. Thank you Dr. V for writing an excellent recipe book.

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Body, Gain Back Your Energy and Lose Weight In 7 Days Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Ninja Recipe Book: Quick, Easy And Delicious Ninja Smoothies For Your Ninja Professional Blender (Ninja Bullet Recipe Book, Ninja Blender Recipe Book, ... and Smoothies for Weight Loss Book 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Ketogenic Cookbook:56 The Best Recipes for Rapid Weight Loss, Quick & Easy Recipes Ketogenic Diet, Delicious Soups, Snacks and Smoothies for Ketogenic ... You and Your Family (Healthy lifestyle 2) Green Smoothies: Alkaline Green Smoothie Recipes to Detox, Lose Weight, and Feel Energized Green Smoothies - Top 200 Green Smoothie Recipes Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60)

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