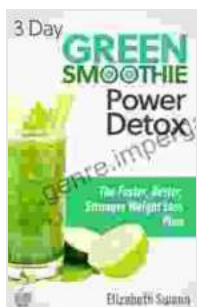


# The Faster, Better, Stronger Weight Loss Plan: Green Smoothies

Are you ready to lose weight and improve your health? The Faster, Better, Stronger Weight Loss Plan: Green Smoothies is the ultimate guide to help you reach your goals.



## 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan (Green Smoothies)

by Liz Swann Miller

★★★★☆ 4.6 out of 5

Language : English  
File size : 408 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 70 pages  
Lending : Enabled



This book includes:

- Over 100 delicious and nutritious green smoothie recipes
- A complete plan for incorporating green smoothies into your diet
- Tips and advice from experts in the field of nutrition and weight loss

Green smoothies are a great way to get your daily dose of fruits and vegetables. They're also packed with nutrients like vitamins, minerals, and

antioxidants. Green smoothies can help you lose weight, boost your energy, and improve your overall health.

The Faster, Better, Stronger Weight Loss Plan: Green Smoothies will show you how to make delicious and nutritious green smoothies that will help you reach your weight loss goals.

**Here's a sneak peek at some of the recipes you'll find in the book:**

- Green Goddess Smoothie
- Tropical Green Smoothie
- Berry Blast Smoothie
- Detox Green Smoothie
- Chocolate Peanut Butter Green Smoothie

So what are you waiting for? Free Download your copy of The Faster, Better, Stronger Weight Loss Plan: Green Smoothies today and start losing weight and improving your health!



## WALK TO LOSE 7 POUNDS A WEEKS

Week	Warm-up	Walk for	Cool Down	Total Time	Sessions/ Week
1	5 min	10 min	5 min	20 min	3
2	5 min	15 min	5 min	25 min	4
3	5 min	20 min	5 min	30 min	4
4	5 min	20 min	5 min	30 min	5
5	5 min	25 min	5 min	35 min	4
6	5 min	30 min	5 min	40 min	4
7	5 min	30 min	5 min	40 min	5
8	5 min	35 min	5 min	45 min	4
9	5 min	40 min	5 min	50 min	4
10	5 min	40 min	5 min	50 min	5
11	5 min	45 min	5 min	55 min	4
12	5 min	45 min	5 min	55 min	5

INSTALL NOW

**Free Download your copy today!**

Our Book Library

Barnes & Noble

IndieBound



## 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan (Green Smoothies)

by Liz Swann Miller

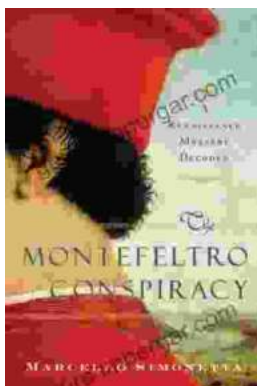
★★★★☆ 4.6 out of 5

Language : English  
File size : 408 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 70 pages  
Lending : Enabled



## New Sustainable and Multi-Purpose Materials for Design and Architecture: Transforming the Built Environment

In an era of growing environmental concerns, the design and architecture industries are undergoing a significant shift towards...



## The Montefeltro Conspiracy Renaissance Mystery Decoded

In the heart of the Italian Renaissance, a tantalizing mystery has captivated historians and art enthusiasts for centuries. The Montefeltro Conspiracy refers to a series of...

