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Recipes For

Weight Loss

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## Life Book 1

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u0026 Green Smoothie

Recipe

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Smoothie...

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**DELICIOUS!**

Nutribullet Nutri Blast

Breakfast Fruit

Smoothie #2 Nutri

Bullet at Home!

NutriBullet Weight Loss

Recipe: Go-To

Breakfast Banana Bread

in the Nutribullet???

(yes you can...) Peanut

Butter Apple Explosion

(Nutribullet Recipes!!!)

~~The PB\u0026J Classic~~

~~(Nutribullet Smoothies~~

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~~for when you CAN'T eat~~

~~what you want!!!!~~) The

Healthy Smoothie

Recipes Book: 70

Healthy \u0026

Nutritious Smoothie

Recipes for Diabetes

NutriBullet Manual and

NutriBullet Diet Plan

(easy) NutriBullet Pro

13 Piece High Speed

BlenderMixer System

with Hardcover Recipe

Book Incl ~~Can the~~

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~~(Ice Crush Test) Magic~~

~~Bullet or NutriBullet~~

~~Which One Should I~~

~~Buy Can the Nutribullet~~

~~Make Raw Organic~~

~~Applesauce???~~

~~(Nutribullet Classic~~

~~Baby Food Recipes)~~

~~Nutribullet 600 vs 900~~

~~Pro Review - Full~~

~~comparison and Green~~

~~Smoothie Test 7~~

~~Smoothie Freezer Packs~~



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~~Sweet Pea Chef THE~~

~~NUTRIBULLET~~

~~GREEN SMOOTHIE~~

~~RECIPE Nutribullet~~

~~Breakfast Smoothie~~

~~Recipe #withcaptions~~

~~GREEN SMOOTHIE~~

~~Nutribullet Recipe:~~

~~Amazing Fruit~~

~~Smoothie NutriBullet~~

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~~My Top 3 Weight Loss~~

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I Lost 40 Lbs Breakfast  
Nutribullet Recipe Book  
23 Healthy Smoothies  
Anti Aging Weight Loss  
Energizing Nutribullet  
Lemon Lime Sublime  
(Smoothies to help  
lower your cholesterol) -  
Nutribullet Pro 900  
Series Best way to lose  
weight fast using  
NutriBullet recipe !  
Nutribullet Recipes -  
Fresh 100% Organic

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Orange Juice Nutribullet

by Magic Bullet with

Natural Foods Book 3

Easy NutriBullet

Smoothie Recipes The

Green Gorilla (Orange

Kale Meal Replacement

Smoothie for your

Nutribullet!!!) Much

how-to-make fruit

smoothie (using Magic

Bullet)Nutribullet

Recipe Book Smoothie

Recipes

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# Ebook

Find the best healthy recipes for smoothies, juices, soups, cocktails, dips and so much more for your NutriBullet or Magic Bullet blenders here. Enjoy FREE rush shipping for delivery on or before 12/24. >> Details.

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Loss, Detox, Anti-  
Aging & So Much  
More! [Shaw,  
Stephanie] on  
Amazon.com. \*FREE\*  
shipping on qualifying  
offers. Nutribullet  
Recipe Book: Smoothie  
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Recipes for Weight-

Loss ...

Nutribullet Recipe

Book: Smoothie

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More! (Recipes for a

Healthy Life Book 1)

Stephanie Shaw. 4.4 out

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of 5 stars 1,200. Kindle

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Cookbook: 550 Slow

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Nutribullet Recipe Book

- Healthy Smoothie

*Page 15/89*

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Recipes for Weight  
Loss, Detox, Anti-  
Aging, Health, &  
Vitality includes 81

smoothie recipes to help  
target certain areas of  
your life that may need  
attention including  
weight loss, healthy  
digestion, anti-aging,  
energy levels, and a  
healthy heart. All  
recipes have been  
calorie counted and



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- Healthy Smoothie

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81 Super Healthy & Fat

Burning NutriBullet

Smoothie Recipes to

Lose Weight and

Enhance Health - Kindle

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Diana. Download it

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NutriBullet Recipe Book: Slim Smoothies!

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81 Super Healthy ...

Essential Green. 1 cup  
spinach or other leafy  
greens. 1 banana,  
frozen. ½ cup  
unsweetened vanilla  
milk or other milk/milk  
alternative. 1 tablespoon  
peanut butter. ½ cup  
plain reduced-fat Greek  
yogurt. 1 scoop protein  
powder, optional.

Life Book 1

Top 10 Essential

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Smoothies for

Beginners - NutriBullet

Nutribullet Recipe Book

: Smoothie Recipes for

Weight-Loss, Detox,

Anti-Aging and So

Much More! by

Stephanie Shaw (2014,

Trade Paperback) \$4.50

Used Free Shipping

The Smoothie Life for

Nutribullet: More Than

75 Simple ...

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The Personal Blender

Recipe Book: 100+

Personal Blender

Smoothies That You

Can Use for Good

Health & Weight Loss -

For Breville Blend

Active, Oster, Hamilton,

Nutribullet & Other

Single Serve Blenders

Product Description &

Features: The Personal

Blender Smoothie

Recipes for Delicious,

*Page 21/89*

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Nutribullet & Easy  
Smoothies! This  
personal blender recipe  
book works perfectly  
with: Breville Blend  
Active ...

The Personal Blender  
Recipe Book: 100+  
Personal Blender ...

The basic formula for a  
Nutribullet smoothie  
recipe is 50% leafy  
greens (2 cups), 50%

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Fruits, 1/4 cup Boost ingredients (nuts, seeds, superfoods), and then add water (or other liquid) to the max fill line. While you can just follow the above formula and mix any ingredients, I prefer to follow a recipe that you know will taste good.

15 Best Nutribullet Recipes - Blender

*Page 23/89*

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Authority

I love this unique pistachio and kale green smoothie. Pistachios are a good source of protein, vitamin K and potassium with fewer calories compared to other nuts. When eaten in moderation, pistachios can help you in managing your weight and heart health.

They also make this



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smoothie unique! Eating  
pistachios regularly in  
small amounts [ ]

Keto Smoothies

Archives - All

Nutribullet Recipes

Nutribullet Recipe

Book: Smoothie

Recipes for Weight-

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Aging & So Much

More! by Stephanie

Shaw | Oct 3, 2014. 4.5

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out of 5 stars 1,594.

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Smoothie. ... Nutribullet

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Pain Green Protein  
Machine Nutribullet  
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Counts For Your  
Smoothies Diabetes  
Strong

Nutribullet Recipes  
Smoothie |

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High-Calorie  
NutriBullet Smoothie  
Recipe for Weight Gain.

This creamy smoothie is an excellent choice in case you are underweight and need to put on some extra pounds. It contains 438 calories and is without a doubt one of the best tasting NutriBullet smoothies on this list.

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Nutribullet

11 NutriBullet Smoothie  
Recipes You Will Love |  
Vibrant ...

Nutribullet smoothie recipes are a great way to do so. With these top diet Nutribullet Recipes, you can get your diet going by using the recipes as meal replacements for select meals. For example, you can replace breakfast

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with a healthy smoothie  
and then eat a healthy  
lunch and dinner.

Top 10 Diet Nutribullet  
Smoothie Recipes - All  
Nutribullet ...

The Low Carb

NutriBullet Recipe  
Book by Oliver Lahoud,  
9781505621747,

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Cookbook Strawberry

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one cookbook  
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Nutribullet Strawberry  
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Recipe | Bryont ...

Nutribullet smoothie  
recipes are a great way  
to do so. With these top  
diet Nutribullet Recipes,



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you can get your diet going by using the recipes as meal replacements for select meals. For example, you can replace breakfast with a healthy smoothie and then eat a healthy lunch and dinner.

All Nutribullet Recipes

1 Banana, frozen. 1/2 cup Strawberries. 1 1/2 cup Almond Milk,

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vanilla, unsweetened. 1  
tbsp Chia Seeds.

Smoothie

Recipes For

Reached the Amazon  
Weight Loss  
Top 100 list. Rated 5

Stars by Grady Harp:

Amazon Hall of Fame,  
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Top 100 Reviewer;

More Recipes  
For A Healthy  
whizzing." Movie

Life Book 1  
Maker "Rik," Amazon

Vine Voice "Just

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terrific, and well priced!

Tons of feel great recipes, but TWO of

them are particularly outstanding! Read on!"

Smoothies that make clean eating delicious, easy, and fun.

Smoothies that fully satisfy your cravings.

Smoothies that create optimal health and energy. Smoothies that

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nourish the body with  
no added stimulants.

This is the super  
smoothie! Super

Smoothies for

Nutribullet is about  
more than just making  
delicious, healthy

smoothies for you and

your family. With  
recipes for any time of  
day or occasion, this is

your new go-to book on

living a healthy,

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satisfying life. You'll consume more green than ever, stop letting your produce go to waste, and boost your intake of fiber, protein, and essential vitamins—all while enjoying delicious, easy-to-make smoothies. With more than seventy-five simple recipes created specifically for the Nutribullet, Super

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Smoothies for

Nutribullet has a  
smoothie for everyone.

You'll also learn how to

incorporate smoothies

into your lifestyle with

ease, make other healthy

meals in seconds, and

supercharge your

healthy lifestyle. Super

Smoothies for

Nutribullet is so much

more than recipes! Are

you ready to live a super-

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smoothie life? Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking,

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vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes



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a New York Times  
bestseller or a national  
bestseller, we are  
committed to books on  
subjects that are  
sometimes overlooked  
and to authors whose  
work might not  
otherwise find a home.

Delicious smoothie  
recipes for ultimate  
health! Get ready to find  
even more reasons to

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love your NutriBullet!

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200 delicious smoothies

created specifically for  
your favorite kitchen

appliance. You'll learn  
how to use your

NutriBullet to create

nutrient-rich smoothies

that help you meet all of  
your wellness goals,

including: Cleansing

and detoxing your body

Promoting heart health

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Boosting your brain

function Shedding

excess pounds

Organized by health

benefit, each chapter

gives you a tasty and

nutritious blend of fruits

and vegetables that will

keep you feeling full

throughout the day.

Whether you're looking

to increase your energy,

stimulate weight loss, or

improve your skin,

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you'll transform your  
body from the inside out  
with these nourishing  
NutriBullet recipes!

Diabetics cannot store  
all of the sugar that they  
eat or make in their  
sugar warehouse (as  
muscular or hepatic  
glycogen). This can  
either be because their  
warehouse is full up  
(they have run out of

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glycogen storage capacity) or because their fork lift truck driver keeps taking tea breaks (insulin resistance). Either way if you cannot store the stuff then the best thing to do is to stop eating it! Hence we have designed 203 very very very low carb Nutribullet Blasts and Smoothies each of which has 11 or less

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grams of carbs as  
follows... 3 Special  
Smoothies (only 5 carb  
grams) 20 Superfood  
Ultra Low Carb Blasts  
20 Superfood Ultra Low  
Carb Smoothies 10  
Sleep & Mood  
Enhancing Ultra Low  
Carb Blasts 10 Heart  
Care Ultra Low Carb  
Blasts 10 Detoxing &  
Cleansing Ultra Low  
Carb Blasts 10 Clear

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Thinking brain food  
Ultra Low Carb Blasts  
10 Radiant Skin  
Nourishing Ultra Low  
Carb Blasts 20 Double  
Fruit Ultra Low Carb  
Blasts 20 Double Fruit  
Ultra Low Carb  
Smoothies 35 Fruit &  
Veggie Ultra Low Carb  
Blasts 35 Fruit &  
Veggie Ultra Low Carb  
Smoothies The precise  
nutritional break down

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into Protein grams, Fat grams, Carb grams, Fibre grams and Kcals is calculated for each recipe using data from the U.S. Department of Agriculture database. All recipes are given in grams, cups and ounces.

Nutribullet Recipe  
Book: SMOOTHIES  
FOR DIABETICS In  
this book you will learn



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delicious and healthy ways to prepare smoothies that are perfect for diabetics, however, everyone will enjoy it and its benefits. The biggest concern that diabetics have is the sugar content in fruits. It's true that fruit contains glucose, and you should monitor your sugar and carbohydrate intake, however, you

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can enjoy fruits and greens. In fact, green smoothies that you find in this book is proven to yield many benefits for people suffering from diabetes. Smoothies can boost weight loss, increase energy levels and improve your overall health, in turn, relieving diabetes condition. People have reported that drinking

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green smoothies  
allowed them to lose  
20-50 pounds and some  
even managed to get off  
insulin. In this book,  
you'll find lots of  
delicious and healthy  
smoothie recipes to  
choose from. Just drink  
one or two a day and  
you'll begin to see the  
results. In this book you  
will learn the following  
awesome Smoothie for

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diabetics recipes:

Sunrise Smoothie

Peachy Apricot Slush

Harvest Time Sweet

Potato Smoothie Green

Smoothie Orange Green

Smoothie Hemp Green

Smoothie Avocado

Green Smoothie Super

Green Smoothie Lime

and Spinach Smoothie

Blueberry-Almond

Smoothie Pina Colada

Smoothie Peach

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Smoothie Berry Blast  
Smoothie Banana &  
Mango Smoothie And  
much more!

-----Tags:

Smoothies for diabetics,  
smoothies for weight  
loss, detox smoothies,  
diabetic smoothies,  
diabetic smoothie  
recipes, diabetic recipes,  
diabetic cookbook.

Life Book 1

This is not your regular

*Page 53/89*

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wimpy recipe book. We crammed hundreds of smoothie recipes, juice recipes, easy soup recipes, spice blends, and even homemade skin and body cream recipes into one easy book. The Nutribullet Recipe Book supplies over 350 professional quality recipes for use at home (indoor or on the go). This is not a

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nutribullet manual for beginners. Instead, this is a comprehensive recipe Bible that will help you get the most out of your nutribullet. (Use these recipes in any of the following Nutribullet models - magic bullet, nutribullet rx, nutribullet pro, nutribullet 900 series, nutribullet 600, etc)

Access to organic

*Page 55/89*

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recipes has never been easier. With the Nutribullet natural healing foods are only minutes away from improving the quality of your physical and mental health. We set out to find the most beneficial recipes to your health and compile them into one easy recipe book. Use this quick & easy guide to



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start making the most out of all the nutrients that organic all natural foods have to offer in the form of delicious smoothies, juices, nut milks, spices, homemade creams and butters and much more. Start drinking wholesome all-natural smoothies 1-2 times a day and feel amazing & full of energy. Your

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body will naturally start shedding extra weight on its own, while your skin glows and appears radiant. The Nutribullet Recipe Book will help you: - turn an ordinary smoothie into a "superfood smoothie" - make fresh-squeezed juices that don't suck - achieve "push-button" weight loss - speed up your body and mind

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with a daily energy  
boost - slow down your  
body's natural aging  
process to look and feel  
younger than ever -  
make nutritious and  
filling meals with  
nothing but a few  
ingredients and your  
Nutribullet We even  
included the most  
popular recipes people  
search for: - strawberry  
banana smoothie - kale

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smoothie - avocado  
smoothie - jamba juice -  
aloe vera juice -  
pomegranate juice -  
homemade ice cream  
recipes - homemade  
cosmetics (natural  
cosmetics) - homemade  
lotion for natural skin  
care (like shea butter) -  
homemade spices IN  
THIS NUTRIBULLET  
BOOK, YOU WILL  
FIND: 100 Smoothie

*Page 60/89*

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recipes (including  
organic green smoothie  
recipes) - 20 superfood  
smoothies - 20 high-  
protein smoothies - 20  
weight-loss smoothies -  
10 anti aging smoothies  
- 10 detox smoothies -  
10 energy smoothies -  
10 high calorie  
smoothies 100 Juice  
recipes (juicing recipes  
that actually taste great)  
- vegetable juice recipes

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- green juice recipes -  
detox juice recipes -  
juicing recipes for  
weight loss - juicing for  
weight loss 25 Nut milk  
recipes - almond milk  
recipe - cashew milk  
recipe - pistachio milk  
10 Organic nut butter  
recipes - cashew butter -  
pistachio butter -  
almond butter 25 Easy  
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soup recipes -

vegetarian soup recipes

- miso soup recipes 25

Fresh spices and herbs -

indian spices - taco

seasoning - lemon

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coffee & tea blends -

coffee recipes - tea

recipes - french vanilla -

cinnamon coffee -

coconut water iced

coffee 20 Milkshake

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milkshake - frozen  
caramel hot chocolate -  
kit kat milkshake -  
nutella milkshake 25  
Homemade skincare  
recipes - body butter  
recipes - lemon cream  
body butter - baby skin  
cream But this book  
isn't just about  
nutribullet recipes. You  
will also learn: 1. A  
comparison of the top



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blenders (nutribullet vs  
ninja, nutribullet vs  
magic bullet, etc) 2.

How to clean nutribullet  
cups and machine 3.

Great tricks to enhance  
all beverages you make

4. Juicing vs blending 5.

Tips & techniques:  
saving 10+ hours a  
week preparing  
smoothies 6. Superfood  
guide

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phone, tablet or Kindle

device. Start your

Nutribullet & Get ALL

of the nutrients with

delicious smoothies

using the best

*Page 66/89*

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technology. Kim Avanti,

Top Celebrity

Nutritionist, Healthy

Lifestyle Expert "It is a

life changer!" Why Use

the Nutribullet

Smoothie Recipes? The

Nutri Bullet is a #1

Most Powerful Nutrient

and Vitamin Extractor.

Unlike other smoothie

makers, blenders and

juicers, the Nutri Bullet

Pro has been created to

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get all of the natural benefits of fruits & vegetables and break down skin & seeds for nutrient rich goodness. What's So Special About These Smoothies

Recipes? Using our professionally created recipes, you're able to: Hydrate & Revitalize Support Immunity Support Relaxation,

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Mental & Physical Well  
Being Balance  
Hormones Heal &  
Detoxify Live A Life Of  
Happiness And Vitality  
The recipes have all the  
nutritional information  
& have unique  
ingredients many of you  
have been waiting for:  
Low Fat Low Calorie  
High Fiber Live  
Enzymes No Added  
Sugars No Artificial

*Page 69/89*

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Flavors or Sweeteners  
Why Should You Take  
Notice? Our authors  
have helped thousands  
of people transform  
their lives using real  
food, positive mindset,  
and healthy habits. We  
have created the recipes  
that will give you: More  
energy Less cravings  
Mental clarity Better  
sleep Balanced mood  
Healthy weight Whether

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Are you looking for a health booster, seeking a gentle cleanse, or just trying to get slim you'll be inspired to power up the Nutribullet! Can't wait to try our healthy smoothie recipes? Here are some recipes to get you started: Glowing Skin Strawberry Florets Smoothie Weight Loss Creamy Tropical Pineapple Smoothie

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Nectarine Lettuce

Smoothie Energy Boost

Tangerine Rockets

Smoothie Vitamin C

Superstar Orangy

Spinach Smoothie

Superfood Tomato

Rockets Clash Smoothie

Use the NutriBullet



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smoothie recipes, and  
start glowing-inside and  
out! Take a jump-start  
towards your weight  
loss, increase your  
energy level, clear your  
mind, and improve your  
overall health. Scroll up  
to the top of the page &  
get NutriBullet  
Smoothie Recipe: 25  
Superfood Smoothie  
Recipes For Better  
Health, Energy and

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Weight Loss! to look  
slimmer, healthier than  
you have ever been!

First there was the  
blender, then there was  
the juicer and now we  
have the NutriBullet  
Extractor. The  
NutriBullet is a high  
powered multi bladed  
Juicer and Blender and  
Miller and Extractor. It  
can mill nuts and seeds

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into flour. It can break down the cell walls of veggies to extract all of their phytochemicals, flavenoids, polyphenols and essential oils. If your family had had one of these when you were growing up then your mother would never have had to have said: Eat your greens. The NutriBullet by 1 combining fruits with

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greens and by pulverizing them into a smooth drink makes lowly salad greens and earthy vegetables taste just as enticing and invigorating as a rib eye steak or a chocolate fudge gateau. The Nutribullet Healing Recipe Book contains... 40 SuperFood Blasts and Smoothies made entirely out of

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Superfoods. 20

Antioxidizing Blasts and  
Smoothies 20 Detoxing

and Cleansing Blasts

and Smoothies 20 Heart

Care Blasts (Anti-  
inflammatory, High in

Omega3, anti oxidants,

Vitamins C, E) 20 Sleep

and Mood enhancing

Blasts and Smoothies

(high in Tryptophan.

Magnesium, Vitamins

B3, B6, B9) 20 Clear

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Blasts (High in  
Omega3, Beta Carotene,  
Lycopene, Magnesium,  
Zinc, Vitamins B, C, E)

20 Radiant Skin

Nourishing Blasts (High  
in Anti oxidants,  
Caroteinoids,

Polyphenols, Pectin,  
Zinc, Vitamins A, C) 20  
Cancer

Prevention/Fighting

Blasts (Supergreens and

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foods high in

Carotenoids,  
Sulphoraphane, Indoles,  
Vitamins C, D3, E,  
Fibre, Selenium) 20

Cancer

Prevention/Fighting

Smoothies (Supergreens  
and foods high in

Carotenoids,  
Sulphoraphane, Indoles,  
Vitamins C, D3, E,  
Fibre, Selenium) All

recipes are stated in

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Cups and in Grams and  
in Ounces. The  
nutritional breakdown  
for each recipe is stated  
in Protein grams, Fat  
grams, Carb grams,  
Fibre grams and kcals.  
Reciprocity welcomes  
you to a world of  
healthy new tastes.

Jen Hansard and Jadah  
Sellner are on a fresh  
path to health and

*Page 80/89*



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happiness--deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating

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an entire food group.

Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple

Green Smoothies

includes a 10-day green smoothie kick-start to

welcome you into the

plant-powered lifestyle, with shopping lists

included. Follow it up

with 100+ delicious

recipes that address

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everything from weight loss to glowing skin to kid-friendly options.

Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes.

They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their

wildly popular website

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has changed the lives of  
over 1 million people  
and made them the #1  
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resource. Simple Green  
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a fun, sustainable way  
that can transform you  
from the inside out.  
Ready to join the plant-  
powered party?

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Healthy Smoothie

Recipe Book: Easy Mix-  
and-Match Smoothie

Recipes for a Healthier

You From registered

dietician Jennifer Koslo,

Author of The 21-Day

Healthy Smoothie Plan

Enjoy nearly endless

options for imaginative

and healthy smoothies

with more than 100

nutritious, easy-to-make

recipes. The Healthy

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Smoothie Recipe Book is packed with tasty mix-and-match ideas for crafting creative smoothies--from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, The Healthy Smoothie Recipe Book is your go-to guide for creating customizable smoothies that are perfect for you. Cutting

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calories? Choose low-fat ingredients for lighter versions. Spicing things up? Handy spice charts give your smoothies an extra kick. Stumped for ideas? Mix-and-match charts help you customize smoothies to your tastes. Smoothie troubleshooting tips: Too thick? Too bland? Too watery? There's a

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smoothie solution for that. Handy dietary labels: Colorful icons match smoothies to health goals, from weight loss, immune boosting, and more. Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert who has



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impacted hundreds of  
people's lives through  
her nutrition consulting  
work and her writing.

Recipes For

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