

67 Easy and Fast Delicious Smoothie Recipes for Effective Weight Loss and Sexy Body! -Do you have problems keeping your weight-loss goals? -Do you struggle with the ever-annoying sugar-cravings that keep you from losing the pounds you want to finally lose? -Do you find it difficult to eat healthy and regularly, because everything goes so fast these days? Well, congratulations, youâ€™ve just found the answer! Kill the food cravings and get in shape with these delicious and healthy Paleo Smoothies! My name is Annette, nice to meet you! I tried everything over the years! All of my life I struggled with weight loss and maintenance. I would lose weight, but only for a short time. I would always end up gaining it back, sometimes I would end up gaining more weight than before I had started. As soon as I heard about the Paleolithic Diet I had to try it. Why? I was so tired of all those unnatural diets I went through with zero effect (not to mention about the side-effects!). I just wanted my body to function optimally while losing weight. Our ancient ancestors had it right. It actually works! In This Book I'll Show You: -Why Paleo Smoothies are great for Weight Loss (and Weight Maintenance!) -67 Tasty Paleo Recipes great for Weight Loss, Detox, and keeping your body Healthy every day! -How to make the Paleo approach easier! -Important facts about some of the ingredients youâ€™d like to know. -Planning and Preparation â€“ how to get started fast! -How to maintain your motivation, finally lose the extra pounds and be happy with a Sexy Body! Table of Contents: Introduction: Why Paleo? Chapter 1: What Is Paleo Diet? Chapter 2: Getting Started Chapter 3: 67 Delicious and Healthy Smoothie Recipes Chapter 4: Paleo Diet During Your Weight-Loss Program â€“ How to Stay Motivated Conclusion

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