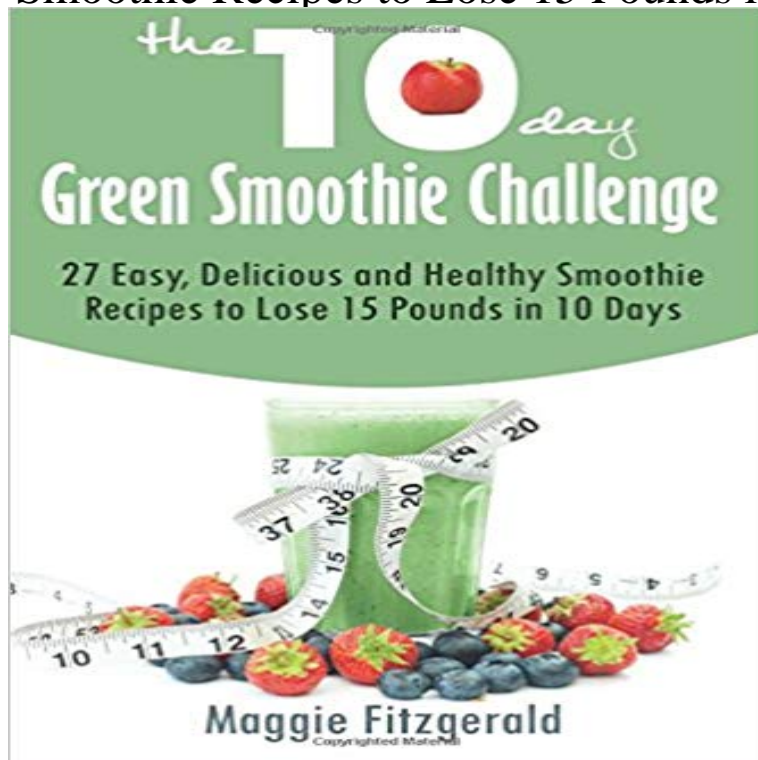


# The 10-Day Green Smoothie Challenge: 27 Easy, Delicious and Healthy Smoothie Recipes to Lose 15 Pounds in 10 Days



Did you know that there's actually an easy way to make healthy eating fun? That it's possible to make vegetables taste just as good as your regular milkshake? Thankfully, there's a way to make all of this possible and it's through a regimen called the green smoothie diet. In Maggie Fitzgerald's new book, *The 10-Day Green Smoothie Challenge*, she will show how you can maintain a healthy lifestyle while satisfying your cravings for sweet delicious treats like green smoothies. Not only are these blended drinks delicious but also nutritious and easy to prepare. Fitzgerald, a nutrition health expert who studied raw green diets for many years, has learned that one of the most effective ways to make people stick to a diet is to prepare it as easy and convenient as possible. In this modern world, most people find it difficult to spend even 30 minutes in the kitchen knowing that they can just grab a meal at the nearest fast-food store. There's also the fact that not all vegetables taste great. So instead, eating the unhealthy stuff becomes the default choice. The good news is that the green smoothie diet can make it possible for you to prepare delicious healthy meals efficiently. All it takes is less than 15 minutes and you will learn exactly how to do that. If you find it hard to love vegetables, green smoothies will make a great transition into a healthy eating lifestyle. They allow you to exercise your creativity in a short amount of time, while your body is receiving the nourishment that it needs. In the book, you will also learn:

- How to differentiate blending and juicing
- The basics of green smoothie making
- The advantages of drinking green smoothies
- What vegetables are best used to make delicious smoothies
- How to beat common green smoothie issues
- How to lose as much as 15 lbs. in just 10 days
- How to prepare healthy green smoothies for diabetics
- How to turn your smoothies into the best post-workout drink

Advanced tips

and tricks for green smoothie dieting Learn more about how you can live a healthy lifestyle by making delicious green smoothies and grab a copy of this book. All you need is to hit the Add to cart button.

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