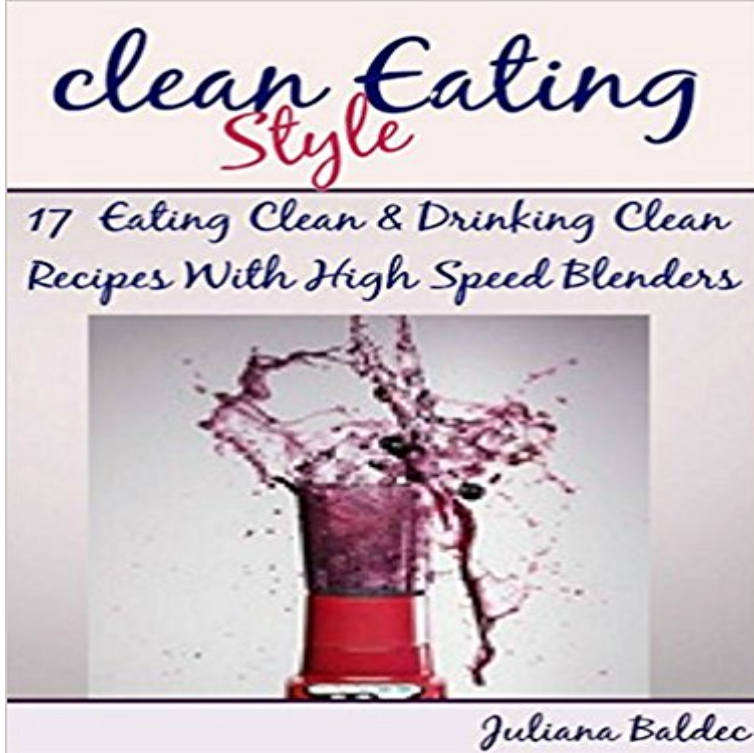


Clean Style Eating: 17 Eating Clean & Drinking Clean Recipes with High Speed Blenders (Clean Eating & Clean Drinking Recipes that are Delicious, Healthy, Simple Satisfying & 5 Minute Quick)



In this Clean Eating recipe book you will not only learn about eating clean, but you will also discover some amazing clean drinking with high speed blenders recipes. These high power blender recipes for busy families are delicious, healthy, simple and satisfying juice smoothies with pulp & toxin cleanse clean eating recipes that you can make in most of the times make in 5 minutes or less. Juliana will show you how she uses powerful and hi-speed smoothie makers like the Nutribullet (or you can use any other high speed blender like the Vitamix or a regular mixer that you like) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds and other clean food ingredients and transforms them into these heavenly tasty smoothies when she is done. With these amazing clean eating & drinking recipes, Juliana shows you how to keep the nutrition inside the dish and the healthy pulp inside the drink. She has the lifestyle of clean eating down to a science and shows you how you can go into your kitchen, make a high speed blender recipe, clean up and be out in most of the cases in about 5 minutes max. Preparing her clean drinking recipes takes her most of the times only 5 minutes of prep time then another 5 minutes or so of cleanup. The clean eating recipes are most of the time 5 minute quick in prep time and there is some cooking or baking time involved. She shows you some amazing recipes that are boosting your immune system, restoring your bodys natural ability to heal itself, cleansing your body and brain, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, loosing some weight and become lean, burning fat, and many other health benefits! If you are looking for some

amazing clean eating and clean drinking high-speed blender recipes that you can make with your favorite blender like the Nutribullet or the Vitamix to boost a healthy living free from calories, fats, and other unhealthy ingredients, check out Julianas collection of her 17 amazing clean eating and clean drinking high-speed blender recipes. Juliana is an online marketer and always on the go so she understands the importance of having a convenient healthy snack around. When she first began with her online business, she was struggling to maintain her weight. This was due to all the high fat and sugar foods that she was eating. During this time she built up a lot of toxins in her body and began to get sick plus she has been suffering from Asthma and breathing problems for a long time. After talking to her sister Alecandra Baldec, who told her about these healthy Nutribullet smoothies, drinks and other delicious dishes, Juliana became a fan of these powerful smoothie maker recipes, and these healthy, simple and satisfying juice smoothies with pulp, and toxin cleanse drinking and eating recipes. Juliana was able to achieve her health and weight loss goals that she wanted to achieve for a long time. Only this time she achieved a lean and healthy body with enjoying these effortless, delicious and satisfying clean eating and drinking recipes. If you, too, want to replace these common and sick making fat food options with clean eating and drinking solutions that are tasty, 5 minute easy to make and that are going to make your body lean and clean, then you owe it to yourself and your family to test out these 17 amazing high-speed blender recipes! The book is not expensive and you can now get it at its low introductory prize. This investment into your clean eating and clean drinking lifestyle will keep the expensive doctor away! The book is easy & quick to go through and you will enjoy some inspirational moments with each recipe! Go ahead and give clean eating and clean drinkin

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