



**Blender Recipes: 31 Juicing Blender Recipes For  
Lean & Clean Eating & Drinking For The  
Nutribullet Or Other Blender (Best Nutribullet  
Blender Recipes) + Smoothies Are Like You:  
Smoothie Food Poetry**

*Juliana Baldec*

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# **Blender Recipes: 31 Juicing Blender Recipes For Lean & Clean Eating & Drinking For The Nutribullet Or Other Blender (Best Nutribullet Blender Recipes) + Smoothies Are Like You: Smoothie Food Poetry**

*Juliana Baldec*

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This is a 3 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 3 titles:

Book 1: Juicing To Lose Weight

Book 2: Clean Eating

Book 3: Smoothies Are Just Like You!

... from one of America's most passionate advocates of turning common and sick making food choice into a healthy & balanced lifestyle that includes 5 minute quick and effortless to make, tasty, healthy, vitality and energy boosting smoothies and juices.

Not only can these healthy blender recipes drinks boost your health, wellness and happiness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, anti-aging, natural ability to heal itself, 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 weight and keep it off, and many other health benefits.

When Juliana got started with smoothies and juices, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off.

Her secret: She turned these nutritious and satisfying drinks into a way of life.

Combining smoothies, juices, her secret morning elixir, that she is going to share with you inside, and a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing and Asthma problems at the same time.

Consuming a combination of these fruit smoothies, vegetable smoothies and juicing recipes will help your body get rid of sick making toxins, boost your vitality and energy, get rid of nasty body conditions like Asthma, rejuvenate your body, provide your body with a natural immune system, detoxify and clean your body, turn your body into a lean body, shed pounds, and more.

People are reporting that fad diets never worked on them, but when sticking to this lifestyle of smoothies and juices they were able to lose weight and never gain the weight back afterwards unlike it happens with many of these fad diets. Most people are regaining the weight after following a diet.

This is not a fad diet were you gain weight after you are done because this is a healthy and natural lifestyle

choice and this is the reason why it also works for weight loss and keeping the weight off.

People who have achieved similar results like Baldec by consuming smoothies, juices, and her secret morning apple cider vinegar elixir in combination with a light daily meal plan all agree. This is the most natural and nutritious way to nourish your body and brain while getting amazing weight results as a side benefit. The recipes are 5 minute quick and easy to make no matter if you use the best juicer or blender or if you use your regular hand held kitchen supply.

As a result of following this juicing and smoothie lifestyle your body will turn into a lean and clean body that is full of energy, vitality, and life!

From her fruity smoothies and juices to her leafy green, raw, vegetable, and vegetable/fruit combined smoothies and juices such as her vitality boosting blender drinks like the:


- \* Fruity Furnace Fat-burning Nutriblast
  - \* Purple Smoothie
  - \* Liver Cleanse Juice
  - \* Secret Morning Exixir
  - \* Leafy Green Super Food Immune Booster
- and many more...

These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body in a truly satisfying way.

You will find recipes that boost your body and brain, help you with weight loss, detoxification, boosting up your immune system in a natural way, healing from the inside out, and many other health benefits.

She also includes tasty and no guilt delights that are going to relax your mood and soul and make you happy like the "Beet Juice Booster" & more...

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### **From reader reviews:**

#### **Johnny Allen:**

Have you spare time for just a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a wander, shopping, or went to the particular Mall. How about open as well as read a book entitled Blender Recipes: 31 Juicing Blender Recipes For Lean & Clean Eating & Drinking For The Nutribullet Or Other Blender (Best Nutribullet Blender Recipes) + Smoothies Are Like You: Smoothie Food Poetry? Maybe it is being best activity for you. You already know beside you can spend your time using your favorite's book, you can better than before. Do you agree with it is opinion or you have various other opinion?

#### **Krystal Harris:**

Do you one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Try and pick one book that you find out the inside because don't determine book by its cover may doesn't work here is difficult job because you are afraid that the inside maybe not since fantastic as in the outside search likes. Maybe you answer could be Blender Recipes: 31 Juicing Blender Recipes For Lean & Clean Eating & Drinking For The Nutribullet Or Other Blender (Best Nutribullet Blender Recipes) + Smoothies Are Like You: Smoothie Food Poetry why because the excellent cover that make you consider with regards to the content will not disappoint anyone. The inside or content will be fantastic as the outside or maybe cover. Your reading 6th sense will directly guide you to pick up this book.

#### **David Mathews:**

In this period globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The particular book that recommended to you personally is Blender Recipes: 31 Juicing Blender Recipes For Lean & Clean Eating & Drinking For The Nutribullet Or Other Blender (Best Nutribullet Blender Recipes) + Smoothies Are Like You: Smoothie Food Poetry this reserve consist a lot of the information of the condition of this world now. This particular book was represented how does the world has grown up. The dialect styles that writer use to explain it is easy to understand. The writer made some analysis when he makes this book. Here is why this book ideal all of you.

#### **Jacqueline Morrison:**

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