

# [PDF] Simple Green Smoothies: 100+ Tasty Recipes To Lose Weight, Gain Energy, And Feel Great In Your Body

Jen Hansard, Jadah Sellner - pdf download free book

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#### Books Details:

Title: Simple Green Smoothies: 100+  
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#### Description:

Jen Hansard and Jadah Sellner are on a fresh path to health and 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 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 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 has changed the lives of over 1 million people and made them the #1 green smoothie online resource. *Simple Green Smoothies* will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

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