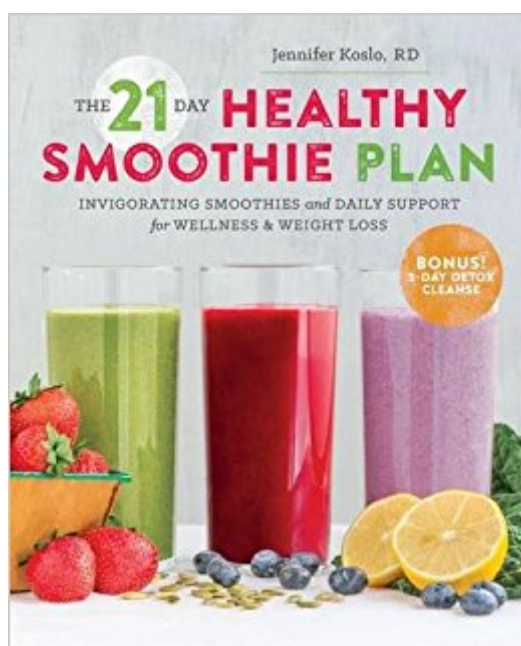


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# The 21-Day Healthy Smoothie Plan: Invigorating Smoothies & Daily Support For Wellness & Weight Loss



## Synopsis

Transform Your Health with One Simple, Delicious Daily Smoothie We all have good intentions when it comes to smart eating, but making better habits stick can be a challenge. Incorporating one nutrient-packed smoothie into your daily routine offers incredible benefits, and The 21-Day Healthy Smoothie Plan will give you everything you need to make smoothies a delicious part of your healthy lifestyle. The 21-Day Healthy Smoothie Plan offers:

- An easy-to-follow, 21-day plan to get you hooked on smoothies
- A 3-day detox cleanse for when you need an extra smoothie boost
- Troubleshooting guides for common smoothie snafus
- Daily inspirational quotes and intentions to motivate you
- 30 delicious salad recipes to complement your daily smoothie

Stick to the smoothie plan, and turn your best intentions for healthy eating into reality.

## Book Information

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## Customer Reviews

Our author is Jennifer Koslo, an RD, Registered Dietician. Nutrition, fitness, health and wellness have been her lifelong passions. She is a Certified Specialist in Sports Dietetics, (CSSD) and an American Council on Exercise Certified Personal Trainer. She is a regular contributor to WatchFit.com and eDietitians.com. Additionally, she teaches nutrition and sports nutrition online as an adjunct professor within the Maricopa Community College District and for Le Cordon Bleu College of Culinary Arts.

Right off the bat, this book opens with bright, vibrant photos of healthy yet delicious foods...so

already my mouth was watering! But, I was really pleased to learn that this is not just a compilation of smoothie recipes, but also is packed with information about lifestyle, being healthier, what type of blender to use, and the difference between juicing and blending. There is so much info here, I had to sit back and settle in for a good read (a big bonus to me). I had to grin when I saw the section titled "Disguise the spinach". It is so true that spinach is super healthy, but not what one traditionally reaches for to add to a delicious smoothie! There are so many benefits of healthy smoothies, and they are listed in detail in the first chapter. I have heard before that tart cherries are wonderful for helping with sleep, but reading here how well it works along with other natural ingredients has me eager to try this out! Overall a fantastic book for learning about healthy smoothies and making a variety of types. \*Sample provided for my review and opinion\*

I'm a smoothie junkie and have one a day. I hate my blender so I usually get them while out before work but tried a new blender and now I'm in love with it! This book came in handy with my new blender, it's packed with so much great information and not just a simple recipe book. This book is jammed packed with some really great ways to change your lifestyle and be a healthier you, which I definitely need help with. This book is very detailed in what you will need as far as food prep, ingredients, and some extra tips that will come in handy! I love how it starts out with a 3 day detox and goes into a detailed 3 week menu of smoothies. I also love how it has salad recipes also. I'm usually pretty generic with my smoothies but after reading this book I want to venture out and try them all! I love how it's not just recipes and how it's about the health benefits. I'm so glad I had the opportunity to read this book and plan to use it all the time. I received this book for free for an honest review, all opinions are my own.

I've been wanting to "clean up my act", so to speak, beginning with diet and exercise and get healthy. This book seems like a great place to start with lots of interesting (and delicious sounding) recipes to try out. All of the recipes are plant based, and some of the combinations are a little surprising, but sound really good. Every recipe includes information about the health benefits of each smoothie and the Nutritional Info included at the bottom. The salads are very diverse and also sound delicious. Even the appendixes have some very useful information, don't skip them! I'm definitely looking forward to trying out the detox and then the 3-week plans. One thing to remember, any detox plan will have some side effects (headaches, digestion problems, lower energy and irritation are some that come to mind) but the end result is that your body's cleaner and ready to take on a healthier lifestyle!

What I love most about this book is that it is more than just recipes. I wasn't really expecting that. Being that I have a sincere love of learning and smoothies, I appreciated the additional information. There are lots of excellent tips in here for those of you looking to improve your health and find recipes that are just as delicious as they are healthy. The one thing that really stood out to me was the mention of drinking smoothies for breakfast. I am not a breakfast-kind-of-girl. I don't have much of an appetite in the mornings. With breakfast being the most important meal of the day, I find myself sluggish by lunchtime, so I started blending smoothies for breakfast. I cannot explain how much this has improved my overall mood and energy levels in the morning. It's SO much easier to drink something than to scarf down a large breakfast and still get the nutrients my body needs. The Dandelion Green Smoothie freaked me out a little bit. Dandelion greens, to me, are quite bitter. However, with the addition of the other sweeter ingredients, it really transforms it into something pretty darn delicious. I highly recommend trying it if you haven't already! It is actually my favorite morning smoothie. Overall, I do recommend this book for smoothie lovers and those looking to find new recipes and other helpful and inspiring information about them. \* Product provided free of cost for an unbiased review.

Smoothies... not to be confused with fruity milkshakes! This book was great for explaining how to make a smoothie that was not only yummy but also nutritionally balanced. I felt like the nutrition information was the most helpful and would feel comfortable replacing a meal with one of these smoothies without worrying about just drinking a sugar-laden drink. The weightloss/wellness info was decent and I really liked the quotes that went along with each smoothie for the 21 day plan. I was very pleasantly surprised to find bonus salad recipes also. One day I may even feel brave enough to try one with beets! I received this book at no cost to review.

This book is perfect for anyone that uses or makes smoothies. Even if you are a pro or a starter, you can learn something from this book! I love that it's VERY detailed in everything that it explains. It goes step by step with instructions on how to start the plan. It even gives examples of foods that you should and shouldn't use, as well as what pairs well together. If you run across a problem when you make your smoothie, it even has solutions for you to try! (ex. too runny, too grainy, etc) I recommend this book for anyone who enjoys or wants to start drinking smoothies, this book is for YOU! :) I received this book for free in return for my honest review. All opinions are my own\*\*

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