



# Smoothies for Fast Weight Loss: Smoothies Recipes, Types, & Benefits

*Katie Lenhart*

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## **Smoothies for Fast Weight Loss: Smoothies Recipes, Types, & Benefits** Katie Lenhart

Smoothies for Weight Loss: Smoothie Recipes, Types, & Benefits by Katie Lenhart offers professional, practical information on how weight loss and naturally energizing tasty smoothies. Lenhart uses her 20 plus years of professional expertise in all aspects of health and wellness to **SHOW** us how to **CREATE** and **USE** **ENERGIZING SMOOTHIES** to make **POSITIVE** health habits. She talks about losing fat quickly, pumping up the volume of energy and flooding the body with essential vitamins, minerals, healthy protein, carbohydrates and healthy fats. This book has an ocean of useful information to help you lose fat sensibly and keep it off for good! Inside you'll find: \* **INCREASE METABOLISM** \* **BLAST FAT FAST** \* **BOOST IMMUNITY** \* **INCREASE ENERGY** \* **PREVENT DISEASE** \* **STRENGTHEN INTERNAL SYSTEMS** \* **TAP IN TO OPTIMISM** \* **IMPROVE SEX!** The sooner you get started the sooner you will get skinny! You only win if you read what Lenhart has to offer!

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