



# 50+ Smoothie Recipes for Weight Loss, Detox & Better Overall Health

*Brad Armstrong*

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## **50+ Smoothie Recipes for Weight Loss, Detox & Better Overall Health** Brad Armstrong

I am so glad you picked up this short ebook on all of my favorite healthy smoothie recipes. Regardless if you want to improve your overall health, increase energy levels or lose a couple of pounds you have it all year. Try all of my recipes as well as creative some of your own from the long list of fruits, veggies and greens. It is an easy and quick way for you to get some of your daily required vitamins and minerals. This ebook is not a Holy Grail. It must fit your personality and you must be consistent. Instead of just eating boring salads you can experiment with all the variations and ideas I have presented you. Toss in a couple of fruits with a couple of greens. You will probably not even taste the spinach or kale but you will get all the important nutrients. You can always add honey if you need added sweetness. I strongly suggest Chia as it will you up as it does for me. Try adding 3 fruits with 3 vegetables to get all of your recommended servings. The key is to experiment. It is a journey and hopefully will be a journey that is the beginning of the new you!

I have included weight loss, detox, immune building and energy boosting recipes for all types of smoothies.

Check out my other books

Rules for Healthy Living by Eating Right

30 Day Juice Plan for Weight Loss and Detox

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