



# Paleo Smoothies: Recipes to Energize And For Weight Loss

*Angelina Dylan*

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# Paleo Smoothies: Recipes to Energize And For Weight Loss

Angelina Dylon

**Paleo Smoothies: Recipes to Energize And For Weight Loss** Angelina Dylon

*Delicious smoothie recipe book which is quick & easy to make for weight loss and Healthy!*

*The Paleo diet may seem restricting but with this cook book, the reader can find a variety of smoothie recipes that are acceptable meals or snacks in the paleo diet. Recipes for the following smoothies are included: Vegetable and green smoothies, fruit smoothies including strawberry, banana, rhubarb, coconut, and pineapple, detox smoothies.*

*Also included in the book are:*

- ***Nutritional facts** for each recipe and some fun and interesting facts on ingredients used in the recipes.*
- *Book helpful for those following the Paleo diet, but it also provides variety for **anyone** who is interested in eating healthy.*
- *Ingredients used in these smoothies are not uncommon, but are easily obtained ingredients; this makes creating these smoothies **enjoyable, easy and delicious.***

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