



# NutriBullet Recipes: For Health, Weight Loss, Energy and Vitality

*Ryder Management Inc.*

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# **NutriBullet Recipes: For Health, Weight Loss, Energy and Vitality**

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## **NutriBullet Recipes: For Health, Weight Loss Energy and Vitality**

**Do you have a NutriBullet or other high speed blender? Then this book is for you!**

The recipes included in this book have been written to not only complement your NutriBullet - the Nutrition Extractor Machine, but also to aid in your resolution to lose weight and gain health. These recipes can just as easily be made in other high powered blenders too, such as the Vitamix, etc.

In our busy world, we often don't take enough time to eat properly, or when we do, we can still be missing out on vital nutrients by not chewing our food properly. This can result in a multitude of conditions such as faster aging, weight gain, cancer or other diseases and even problems associated with our teeth!

The NutriBullet - Nutrition Extractor is designed to break down our food thus making it easy for our bodies to absorb all the vital nutrition.

This book is not only beneficial to those wanting to lose weight, but it is also beneficial to seniors who may have trouble obtaining vital nutrients from their food. This book is also beneficial to cancer patients along with anybody fighting serious health conditions and in need of vital nutrients.

**This book is divided into five sections including:**

"Sauces and Dips";

"Best Ever Salad Dressings";

"Soup Recipes";

"Smoothies";

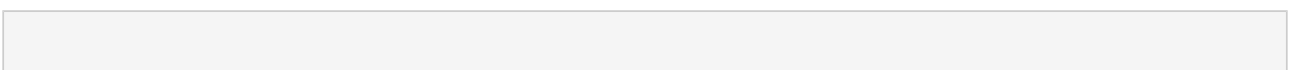
"Desserts" including delicious raw: puddings, chocolate puddings, pies and cakes.

There are also additional information on some of the healthy ingredients used in these recipes including why they should be incorporated into your diet.

The recipes include serving suggestions along with other optional ingredients that may be used and also presentation recommendations to increase the pleasure of your meals.

There are so many wonderful and nutritious recipes in this book which can make healthcare through nutrition a very wonderful experience!

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