



# Fat Burning Smoothies: Easy Smoothie Recipes for Burning Fat and Losing Weight Fast

*Donna Hardin*

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**Fat Burning Smoothies: Easy Smoothie Recipes for Burning Fat and Losing Weight Fast Donna Hardin  
Special Discount Price Available for Limited Time! Grab Your Copy Now!**

**If you are looking for easy-to-make, delicious smoothie recipes to help you burn fat and lose weight fast, then this is the right book for you.**

Smoothies are one of the **fastest and easy ways to lose the unwanted fat** while getting the healthy benefits of organic, fresh fruits and vegetables. Instead of spending an hour in the kitchen preparing ingredients and cooking your healthy lunch, you could prepare a great-tasting smoothie that takes only 5 minutes and provides much more vitamins and minerals than the cooked meal.

While some diets can be very time-consuming and take a lot of energy and money, the *Fat Burning Smoothies* book offers an **affordable, easy and time-saving way to achieve your weight loss goals** by providing very useful tips and advice on how to burn fat as well as over 50 delicious, easy-to-make smoothie recipes.

## **You will discover**

- over 50 easy smoothie recipes including fruit smoothies, vegetable smoothies, green smoothies and a mix of all the above (caloric value included for each recipe)
- what is the difference between burning fat and losing weight and why this is very important for you
- the easy way to start your fat burning smoothie diet
- how fast do you see results and how to make them last
- daily plan and smoothie recipes suggestions for breakfast, lunch and dinner
- tips and tricks for burning fat and losing weight fast

Let your family and friends be amazed by how good you look and how much weight you lost in a short period of time! Start your smoothie diet today.

**Grab your copy of the “Fat Burning Smoothies” book today!**

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