

31 Perfect Fitness Smoothies



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Arnel Ricafranca

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9 Energy Boosting Recipes to add variety to your morning caffeine / energy drink or pre workout supplement

13 Metabolic Accelerating Recipes for all day fat burning smoothie on the go

9 Recovery Enhancing Recipes to replace your post workout shakes

31 Total Smoothie Recipes that are as easy as 1-2-3

31 Perfect Fitness Smoothies Details

Date : Published January 29th 2013 by Fitness VIP Studios

ISBN :

Author : Arnel Ricafranca

Format : Kindle Edition 72 pages

Genre : Food and Drink, Cooking, Cookbooks, Nonfiction



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From Reader Review 31 Perfect Fitness Smoothies for online ebook

Jessica jefishr says

didn't read the whole book

I didn't read the description or reviews and didn't know it was all protein powder based. The recipes I looked at sounded good anyway and I might make one or two. It looks like some of them really rely on the protein powder to carry the flavor though.

test test says

Informative

I found the book to be very informative. I also found convenience in the measurements being provided to me for my smoothies. I do feel the writer was trying too hard to sell a product within the book and that is why my 3 star rating.

Fee (Ebook Addicts) says

the recipes are great however they are all made with some protein powder that is very very heavily advertised and promoted throughout the whole book.

Carol S. Harris says

Easy recipes

this book list some easy recipes to make. I looked up the protein powder it is pricey but if it works then it would be worth buying.

Michelle says

Got this book free on kindle so can't really complain but would have preferred it if every single recipe didn't require protein powder!
