



## 31 Perfect Fitness Smoothies

*Arnel Ricafranca*

Download now

Read Online ➔

# 31 Perfect Fitness Smoothies

*Arnel Ricafranca*

**31 Perfect Fitness Smoothies** Arnel Ricafranca

31 Perfect Fitness Smoothies

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

 [Download 31 Perfect Fitness Smoothies ...pdf](#)

 [Read Online 31 Perfect Fitness Smoothies ...pdf](#)

**Download and Read Free Online 31 Perfect Fitness Smoothies Arnel Ricafranca**

---

# **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!

---