



# **Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat**

*Keith Sebastian, Samuel Barnes*

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**FEATURES 165 PROTEIN-PACKED, ENERGY-BOOSTING SMOOTHIES THAT TAKE EVERYDAY WORKOUTS AND ATHLETIC PERFORMANCES TO THE NEXT LEVEL**

Power up your workouts with natural smoothies made from the best superfoods on the planet. Offering vitamin-, mineral- and protein-rich recipes for before, during and after you exercise, the fruit and green smoothies in this book not only help you build muscle but also properly nourish your entire body:

- **Boost your metabolism with green tea–infused Almond Up**
- **Burn fat with the macronutrient-balanced Skinny Avocado**
- **Hydrate with the thirst-quenching Coconut-Orange Refresher**
- **Carb-Load with the superfoods in Sweet Potato Pie**
- **Build Muscle & Recover with the protein-packed Red Bean Reviver**
- **Wake up, caffeine free, with the Berry Bean Blast**

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Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book could be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try look for book, may be the reserve untitled Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat can be good book to read. May be it is usually best activity to you.

#### **Lester Magno:**

Are you kind of hectic person, only have 10 or maybe 15 minute in your morning to upgrading your mind proficiency or thinking skill even analytical thinking? Then you are receiving problem with the book when compared with can satisfy your short time to read it because pretty much everything time you only find book that need more time to be read. Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat can be your answer mainly because it can be read by a person who have those short time problems.

#### **Jaime Friend:**

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