



## Nutribullet Superfood: 40 Protein Packed Power Smoothie Recipes to Help You Lose Weight and Build Lean Muscle

By Jessica David

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The quick and easy way to extract ALL of the nutrients superfoods have to offer in mouthwatering delectable smoothies using Nutribullet technology. Studies show protein works as an essential building block for healthy skin, hair, bones and heart. With a nutritious diet one will maximize their workout regime and achieve the body of their dreams - in less time ever thought possible. Superfoods give you a leg over the competition with their nutrient rich ingredients. The Nutribullet will process the foods down so they are easily digested and the nutrients are released into your bloodstream almost immediately. Not to mention, these recipes are formulated to taste fantastic! Experience The NutriBlast! Absorb the Health Benefits of Nutribullet Superfood NutriBlasts! Save time Feel great Energize your day Look radiant Live a longer, more fulfilling life Each blast is both filling and nutritious! Low Fat Low Calories High Protein High Fiber Here are just a few smoothie recipes to get your tastebuds watering. Bahama Bro Banana Blueberry Health Nut Smoothie Green Warrior Protein Smoothie Peaches and Cream Tropical Pleasure Smoothie...



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