



# **Paleo Smoothies: 67 Delicious Gluten Free Smoothie Recipes For Weight Loss And a Healthy Lifestyle (Weight Loss Plan Series) (Volume 1)**

*Annette Goodman*

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**67 Easy and Fast Delicious Smoothie Recipes for Effective Weight Loss and Sexy Body!**

- Do you have problems keeping your weight-loss goals?
- Do you struggle with the ever-annoying sugar-cravings that keep you from losing the pounds you want to finally lose?
- Do you find it difficult to eat healthy and regularly, because everything goes so fast these days?

Well, congratulations, you've just found the answer!

**Kill the food cravings and get in shape with these delicious and healthy Paleo Smoothies!**

My name is Annette, nice to meet you!

I tried **everything** over the years!

**All of my life I struggled with weight loss and maintenance.** I would lose weight, but only for a short time. I would always end up gaining it back, sometimes I would end up **gaining more weight than before I had started.**

As soon as I heard about the **Paleolithic Diet** I had to try it. Why? I was so tired of all those unnatural diets I went through with zero effect (not to mention about the side-effects!). I just wanted my body **to function optimally while losing** weight.

Our ancient ancestors had it right.

It actually **works!**

**In This Book I'll Show You:**

- Why Paleo Smoothies are great for Weight Loss (and Weight Maintenance!)
- 67 Tasty Paleo Recipes great for Weight Loss, Detox, and keeping your body Healthy every day!
- How to make the Paleo approach easier!
- Important facts about some of the ingredients you'd like to know.
- Planning and Preparation – how to get started fast!
- How to maintain your motivation, finally lose the extra pounds and be happy with a Sexy Body!

**Table of Contents:**

Introduction: Why Paleo?

Chapter 1: What Is Paleo Diet?


Chapter 2: Getting Started

Chapter 3: 67 Delicious and Healthy Smoothie Recipes

Chapter 4: Paleo Diet During Your Weight-Loss Program – How to Stay Motivated

Conclusion

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