



Low Carb Smoothies: 80 Delicious Low Carb Smoothies For Weight Loss, Energy and Optimal Health

Linda Stevens

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ENJOY OVER 80 MOUTH WATERING LOW CARB SMOOTHIES FOR EXTREME WEIGHT LOSS STARTING TODAY!

Even the healthiest smoothies can be loaded with as many as 40, 50, or 60 grams of sugar per serving. YIKES!


Each smoothie in this book has been carefully designed to contain less than 15 grams net carbohydrates per serving! They are infinitely a lot healthier than buying smoothies at your local smoothie places, stores or even online. Most of these smoothies also contain some type of healthy fat, which in itself is a great addition to a typical day on the low carb diet. Introducing low carb smoothies to your routine is one of the best and versatile ways to improve your health.

Not only are they quick and easy to make but they also contain vast amounts of vitamins, minerals, phytonutrients and fiber. It can be quite difficult to get all your servings of fruits and vegetables on a daily basis. Smoothies provide us with an optimal way to consume the recommended number of servings of fruits and vegetables and load up on antioxidants and other cancer fighting agents at the same time.

Smoothies are not a universally healthy option. Simply blending your breakfast doesn't ensure you've made a healthy choice! Smoothies high in processed sugars and fats can be just as bad as processed bread and sweetened breakfast cereals. Many common smoothie recipes fall into this trap by including fruit juices, sweetened yogurts and processed honeys.

This book describes low carb smoothies for the active and health conscious individual. They are delicious, satisfying and will provide you with energy all day long. They are also rich in various superfoods such as kale, spinach, berries, nuts and seeds. You will be amazed how different you will feel after just one week of implementing these healthy treats into your daily routine.

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Thomas Schwan:

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