



Eat Smarter! Smoothies and Sides

By Carrie Brown

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Eat Smarter! Smoothies and Sides By Carrie Brown

For anyone wanting to feel fantastic without giving up taste, improve their health dramatically, and lose body-fat, this cookbook is crammed with scrumptious smoothies and vegetable sides recipes to create 55 fat-burning, health-boosting, ways to get your veggies in that will help in the quest for improved health and increased fat-loss goals. Add more veggies to your life than you thought possible! Developed for people who are following any of the following lifestyles: SANE, KETO, LCHF, LowCarb, Paleo, Wheat Belly, Vegetarian, Vegan (with slight modification), Primal, Wild Diet, weight-loss, gluten-free, grain-free, sugar-free, diabetic, dairy-free (with slight modification), and egg-free. All recipes are free of sugar, grains, gluten, and soy. Many are free of dairy - and / or eggs or can be easily modified to accommodate. Safe for Diabetics. Recipes are simple, quick and easy. Foreword by Jonathan Bailor, Author The Calorie Myth

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