



**CLEAN EATING: Clean Eating Smoothies:  
Healthy Recipes Supporting A Whole Foods  
Lifestyle (Clean Eating Cookbook) (Complete  
Collection with 80+ Bonus Weight Loss and Recipe  
Books)**

*Charity Wilson, My Recipe Journal*

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*Charity Wilson, My Recipe Journal*

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Are you in need of a quick and easy way of cleaning up your diet?

### **Clean Eating Smoothies**

I'm busy. You're busy. Who has time to do what it takes to make a healthy meal day in and day out? I didn't and it started to negatively affect my health. Even then, I still didn't seem to take the time to eat the food I knew I needed to eat.

I faced what many people faced. The news that something needed to change immediately or else. That was many years ago and I have to say that smoothies may well have saved my life.

### **Benefits Of Clean Eating**

Now I don't want you to think clean eating smoothies are some type of medical miracle because they are not. All they are is sound nutrition and that is what my life was lacking. Smoothies are a convenient and easy way to nourish your body and protect your health.

Our diet impacts the longevity and quality of our life. This is being proven daily through studies and personal experiences. As with anything in life changing your dietary lifestyle is a matter of personal choice. Maybe you believe people get disease, healthy food or not. Maybe you know someone with the same lifestyle as you that passed away and now you are concerned with your diet.

No matter what your situation the benefits of clean eating remain the same:

- Safe and natural weight loss
- Improved energy with fewer mood swings
- Diminished instances of digestive issues
- Clearer skin with a healthy glow

- And many more

A clean eating diet is not a “cure-all” diet. Maybe you will get disease even while eating healthy, I don’t know. A doctor will still determine the best course of action if you are faced with disease but why not allow a healthy diet to add some preventative medicine to your life.

## Just Some Of The Recipes You Will Discover Inside

You might not love them all, but I would guess you are going to find some new favorites.

- Clean Blueberry Cheese Smoothie
- Almond-Quinoa Smoothie
- Cinnamon Strawberry Yogurt Smoothie
- Peach Walnut Pie Smoothie
- Minty Strawberry Smoothie
- Spicy Cantaloupe Tea Smoothie
- Blueberry Carrot-Cucumber Smoothie

## Ready To Get Blending?

Download and start enjoying your recipes right away.

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This book contains all of my books plus another author's as a way to say thank you to you my reader.

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**Helen Sullivan:**

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