



# **The Smoothie Challenge: The Step-by-step System to Weight Loss and Detox in 8 Days!**

*Lake Hills*

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*Are you looking for a proven and effective way to jump-start your weight loss, increase your energy levels and improve your overall health?*

*Look no further. Harness the power of Smoothie to shed pounds effectively... and regain back the energetic and healthy you!*

Inside, you will discover 45 easy, effective and tasty smoothies you can easily make with ingredients that are readily available in any grocery shops.

They are packed with super-nutrients and come complete with nutritional benefits attached to each recipe, so you will know exactly how your smoothie mix can help you drop pounds and inches fast, without spending hours working out!

In addition, you will also learn:

- The step-by-step of detoxing to transform your body into a natural fat-burner
- The 5 surprising benefits of smoothies which will help you achieve weight loss and regain good habits in 8 days...
- The Anti-aging recipes that will make you look younger within 5 days...
- The smoothie recipes that will give you shiny, healthy hair... and glowing skin
- The recipes designed specifically for people with diabetes
- Recipes tailored for detoxing, slimming, meal replacement...
- *And much, much more!*

With this book, you will begin to rediscover yourself, achieve a slimmer & healthier you, and get revitalized with more energy.

**So go ahead and download a copy right now!**

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