



Paleo Green Smoothies: 150 Green Smoothie Recipes for Maximum Health

Michelle Fagone

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Delicious green smoothies--free of gluten, dairy, and refined sugar!

Think the Paleo diet and green smoothies don't mix? Well, think again! Now, you can enjoy the quick burst of energy that comes from the nutritious drink--without any of the gluten, dairy, or refined sugar! This book shows you how to create 150 green smoothie recipes that are specifically designed to complement the Paleo lifestyle. Whether you're interested in adding more greens into your diet or just need an extra boost of energy after an intense workout, these recipes have got you covered. Featuring step-by-step instructions and nutritional data, each page teaches you how to blend up a variety of Paleo green smoothies, including:

- Citrus Jump-Start Smoothie
- Kale Yeah Smoothie
- Mojito Smoothie
- Summer Squash Smoothie
- Key Lime Pie Smoothie

You don't have to miss out on these delicious, vitamin-packed drinks just because you're on the Paleo diet--with *Paleo Green Smoothies*, you can have healthy, flavorful smoothies at every meal!

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