



## Slim Sippings: 25 Fresh Fruit Smoothies That Promote Weight Loss and Help You Take Control of Cravings (Paperback)

By Jason Metz

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Drink yourself Slim. Tastes Great for Losing Weight? Getting good nutrition into our bodies on a daily basis is often challenging. We eat on the run and too often grab fast food filled with unhealthy fats, sugars and too much salt. If you are anything like me, you are just tired of being sick and tired and want more energy without worrying so much about it. Thankfully, I recently discovered recipes for fruit smoothies with all natural ingredients without the added sugar. This has proven to be a quick and easy way to help me increase my energy and lose weight naturally. By just sipping one or two of these smoothies a day, you can reduce cravings for unhealthy foods, add good satisfying nutrition and let go of extra weight. Inside you will discover my delicious and nutritious easy-to-make smoothies. Gain power over unhealthy eating habits and sip your way to natural weight loss the easy way.



**READ ONLINE**

[ 1.61 MB ]

### Reviews

*This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer composes this pdf.*

-- **Ryder Nolan**

*This book can be well worth a go through, and a lot better than other. It is written in simple words and phrases and not confusing. It's been printed in an exceptionally simple way in fact it is merely right after I finished reading through this pdf by which basically changed me, modified the way I think.*

-- **Margot Carter V**