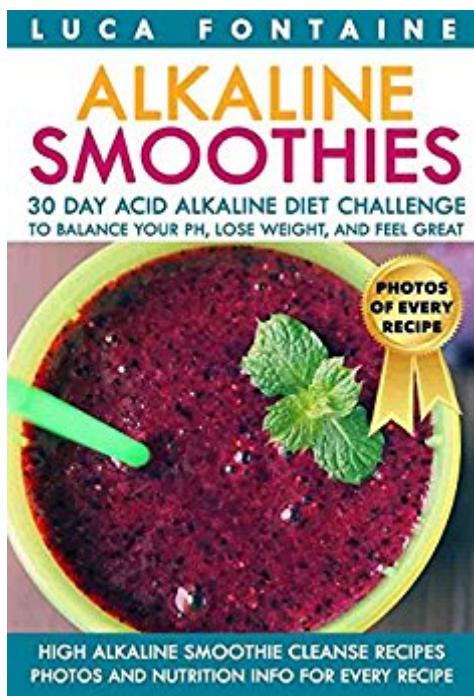


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# Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge To Balance Your PH, Lose Weight, And Feel Great; Photos And Nutrition Info For Every Recipe



## Synopsis

30 DAYS OF ALKALINE SMOOTHIE RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT

The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is maintaining a balanced pH! Join the movement and reclaim your health! The Alkaline Diet is more than just a diet. It is a lifestyle and an entire movement based on reclaiming our health and drinking healthy, delicious, alkaline smoothies that promote a natural pH balance in the body the way nature intended. Food isn't meant to be engineered by scientists, loaded with chemicals, and mass produced in a factory, nor should it elevate the acidity in your body to unhealthy levels! Food should be an honest, natural, and enjoyable part of life. That's why alkaline smoothies are becoming increasingly popular! Not only that, the evidence has become undeniable: alkaline smoothies can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! Drinking alkaline smoothies has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease! 30 Days of Amazing Alkaline Smoothie Recipes for Health, Weight Loss, and a Balanced pH! This Alkaline Smoothie Cookbook makes it easy to restore your health and balance your pH! Simply start at day 1 and enjoy a fresh new delicious alkaline smoothie every single day for a month! By the end of your 30 day challenge you will have lost weight and feel healthier and more energetic GUARANTEED OR YOUR MONEY BACK! Each and every smoothie recipe includes a photo of the alkaline smoothie as well as serving size and nutritional information. There are enough smoothie recipes in this book to keep you excited about the Alkaline Diet for months, even beyond your 30 day challenge! Enjoy some of the best smoothies you've ever tasted in your life all while maintaining an approved Alkaline Diet for optimal health, energy, and weight loss! A Diet for Life! The Alkaline Diet is not a boring, bland, or starvation diet. Consuming bland and weird food might be one way to lose weight, but that is not what living an alkaline lifestyle is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Invest in your health by grabbing this book today and enjoy a month of amazing alkaline smoothies! The Alkaline Diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on a month of spectacular Alkaline Diet smoothie recipes in this cookbook. Every recipe is easy to make and is

so healthy and delicious you will be proud to serve these smoothies to your family and friends. World class meals you can serve to your family and friends with pride! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite alkaline smoothie recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

## **Book Information**

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## **Customer Reviews**

I had no idea about alkaline smoothie recipes and I caught this book from the wake of my curiosity. It really surprised me and now it is pretty clear to me about how easily I can make all these smoothies at home. Most of these smoothies I didn't taste before, but of course I will try. All these nutrition value information helped me to get better understanding about the health benefit of these smoothies. Luca presented all these recipes with a good manner and attached photos as well. Seems like all these recipes will be delicious and no doubt these will be healthy as

well.I didn't wait to put down my opinion here because I really liked the concept and content (recipes) of this book. Nice work Luca!

I had a huge interest to learn about alkaline smoothie recipe and for that I grabbed this book. This book fulfilled my expectation and here I have found dozens of recipes that I was searching since last month. I liked all these recipes because I found these recipes really easy to learn and cook. The author of this book has described each recipe very clearly and for each recipe I have found proper cooking instruction. I am really glad to learn all these recipes and of course I will recommend this book to all interested people.

If you want to learn Alkaline smoothie cleanse recipe, then this book will be a perfect choice for you. By the help of this book not only have learned about plenty of recipes, but also learn more about Alkaline diet.Inside of this book the author Luca Fontaine has also described about a 30-day challenge for effective weight loss and getting feel better. I didn't face any problem to learn all these recipes as well because the author has described easy to understand cooking instruction for each recipe. Overall, by the help of this book I am impressed enough.

Great book! Very interesting, lots of information and a lot of different recipes. I will try these smoothies out real soon.

Excellent smoothies for the alkaline diet. They really help me to feel energetic and they taste so good I like drinking one or two every day!

directions and amounts are incomplete

Pics of smoothies are in black and white

Since I drink alkaline Smoothies I have an big increase in energy. I am able to do more things in my life and I feel much more awake and fitter. The Recepies are simple and delicious.Its defiantly worth buying.

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Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge

to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels..: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Alkaline Diet: 2 manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Alkaline diet: Step By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6) The Alkaline Diet Cookbook: Get the Advantage of Alkaline Food List and 25 Alkaline Recipes - Easy Acid Alkaline Diet Cookbook South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Ketogenic Diet: 30 Day Ketogenic Challenge: Unlock the Secret to Health, Rapid Weight Loss, and Explosive Energy; 30 Day Ketogenic Meal Plan with Pictures and Nutrition Info for Every Recipe! Alkaline Cookbook: 50+ Delicious Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) The Alkaline Diet Cookbook: The Alkaline Meal Plan to Balance your pH, Reduce Body Acid, Lose Weight and Have Amazing Health Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to

lose weight,how to lose body fat)) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss

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