



Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat

By Keith Sebastian, Samuel H. Barnes, Kristine Miles

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat, Keith Sebastian, Samuel H. Barnes, Kristine Miles, FEATURES 165 PROTEIN-PACKED, ENERGY-BOOSTING SMOOTHIES THAT TAKE EVERYDAY WORKOUTS AND ATHLETIC PERFORMANCES TO THE NEXT LEVEL Power up your workouts with natural smoothies made from the best superfoods on the planet. Offering vitamin-, mineral- and protein-rich recipes for before, during and after you exercise, the fruit and green smoothies in this book not only help you build muscle but also properly nourish the entire body:

- *Boost your metabolism with green tea--infused Almond Up
- *Burn fat with the macronutrient-balanced Skinny Avocado
- *Hydrate with the thirst-quenching Coconut-Orange Refresher
- *Carb-Load with the superfoods in Sweet Potato Pie
- *Build Muscle & Recover with the protein-packed Red Bean Reviver
- *Wake up, caffeine free, with the Berry Bean Blast.



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Reviews

Here is the very best book i have study until now. It is rally fascinating throgh looking at period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Dr. Blaze Runolfsson IV

These sorts of book is the perfect book accessible. It is amongst the most amazing book i have got read. I found out this ebook from my i and dad advised this book to find out.

-- Mr. Mustafa Sanford IV