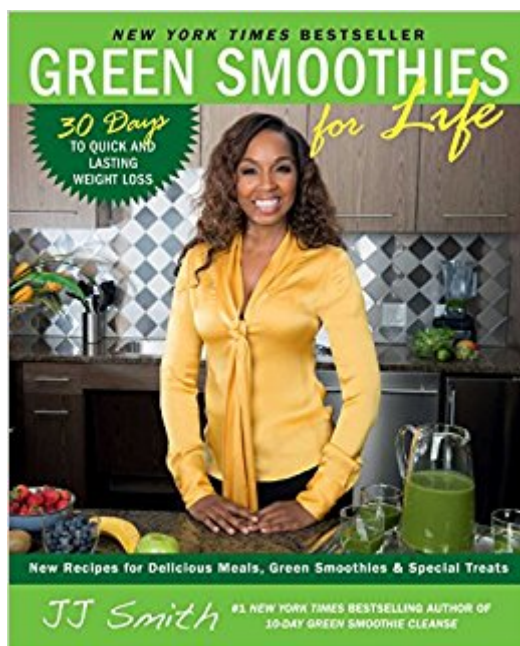


The book was found

Green Smoothies For Life



Synopsis

A brand-new meal plan that will assist readers with incorporating green smoothies into their everyday routine while developing healthier long-term eating habits and improving their overall health. More than a weight loss plan, the 10-Day Green Smoothie Cleanse, designed by nutritionist and certified weight-loss expert JJ Smith, became a way of life. Readers reported that they not only shed pounds but they also slept better, thought more clearly, and were in better over-all health, with some adherents, in consultation with their doctor, even moving off medication. As delicious as her green smoothies are, however, the cleanse was designed only to jumpstart a detox and a new approach to eating. It's not a permanent solution. In her new book, *Green Smoothies for Life*, the highly anticipated follow up to the #1 New York Times bestseller *10-Day Green Smoothie Cleanse*, Smith presents a way that green smoothies can be incorporated into your daily regimen. With over thirty recipes for everything from hot dinners to desserts and snacks, sixty thoughtfully composed green smoothie recipes, a thirty-day meal plan and the corresponding shopping lists, the book provides you with a step-by-step prescriptive daily regimen that shows you how to eat mindfully and healthily. In addition to green smoothies and color photographs of select recipes, the book includes more than twenty effective methods to detox (which helps fuel weight loss), information on Smith's DHEMM (Detox, Hormonal Balance, Eat, Move and Mental Mastery) weight loss system, and testimonials from dieters who've change their approach to not just food but also life since while following her advice. Whether you are just starting out on your weight loss journey or already a smoothie convert, *Green Smoothies for Life* is the essential next step in continuing your pursuit of a healthier lifestyle.

Book Information

Paperback: 256 pages

Publisher: Atria Books; 1 edition (December 27, 2016)

Language: English

ISBN-10: 1501100653

ISBN-13: 978-1501100659

Product Dimensions: 7.4 x 0.6 x 9.1 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 793 customer reviews

Best Sellers Rank: #1,585 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #4 in Books > Health, Fitness & Dieting > Diets

& Weight Loss > Detoxes & Cleanses #33 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

JJ Smith is the author of the New York Times bestseller, *The 10-Day Green Smoothie Cleanse*, and the #1 national bestseller and USA TODAY bestseller *Lose Weight Without Dieting or Working Out!* She is a nutritionist and certified weight-loss expert who has been featured on *The Steve Harvey Show*, *The Montel Williams Show*, and *The Jamie Foxx Show* and on the NBC, FOX, and CW Network television stations, as well as in the pages of *Glamour*, *Essence*, and *Ladies Home Journal*. Since reclaiming her health, losing weight, and discovering a "second youth" in her forties, JJ has become the voice of inspiration to those who want to lose weight, be healthy, and get their sexy back! To learn more, check out www.JJSmithOnline.com.

I completed JJ Smith's 10 day cleanse successfully. I then segued into this book--30 day Green Smoothies for Life and pretty much followed it to the letter. My advice to the critics is, before you embark upon this plan, know and understand what you are doing and what it means to you. Number one--it is not a diet!! The 10 day book is meant to cleanse/detox--to rid your body of all the gunk, the junk, the cravings and be a re-setting of a new way of eating--for life! The 30 day book is to get you in the habit of making and incorporating the green smoothies as part of a new healthy way of living. So when you start out you need to have goals for yourself-- for when you get to "the other side." If you have no purpose--or at least a clear understanding of one, you will become frustrated, make excuses, cheat, falter and fail. The expectations can't come from the book or the author --it must come from within. For me, I am a student of the healthy lifestyle, but being human--I have backslid. I used the book to re-set, re-think and re-establish the healthy way I want to look, feel and be. The 40 days gave me time to assess how my body felt without eating the bad stuff and the difference and changes I began to experience with consuming only the good stuff. What does my body want? What is it asking for? What does it need?? I learned that my body feels and looks best when I am eating a majority plant-based diet. I have not yet committed to being either vegan or vegetarian, but I'm going to start with at least a 90% plant-based diet. I will give my body what it needs and what it asks for---not what my eyes want. As I approach the last few days of the 30 day book, I am looking forward to adopting one green smoothie as a meal replacement per day indefinitely. I've made it work for me and it fits my lifestyle. I hope this is helpful to those who are considering this plan as well as for those who may have tried it and did not find success. It can work--but only if You work it!

Great information on how to live and lead a sustainable, healthy lifestyle provided in a concise format. However, if you are a part of JJ's VIP group, or purchased her 30 day challenge prior, it is the same information and recipes presented in book form.

I LOVE THIS BOOK, IT HAS BEEN VERY HELPFUL IN MY PROGRAM TO GET HEALTHY. B.J.

this is an awesome book, easy to follow and understand. delicious recipes and a great price.
definitely recommend to all

I'm an avid follower of JJ Smith and the Green Smoothie lifestyle. This book just takes it to another level. This book goes beyond just green smoothies to clean eating recipes to incorporate into your healthy lifestyle

Love the recipes and all of the new snack ideas! If you have completed the 10 Day Green smoothie cleanse this is your next step...for life!

Great book and very helpful in getting your eating lifestyle back on the right track. God bless the author JJ Smith.

Great recipes and yummy smoothies. This book is great for the whole lifestyle change not just 10 days.

[Download to continue reading...](#)

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) 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) 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) 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) Green Kitchen Smoothies: Healthy and Colorful Smoothies for Every Day Green Smoothies: Alkaline Green Smoothie Recipes to Detox, Lose

Weight, and Feel Energized Green Smoothies - Top 200 Green Smoothie Recipes 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan (Green Smoothies) 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) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Best 100 Smoothies for Kids: Incredibly Nutritious and Totally Delicious No-Sugar-Added Smoothies for Any Time of Day Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health PALEO SMOOTHIES: Delicious Paleo Smoothies Recipes, Detox Your Body, Gain Back Your Energy and Lose Weight In 7 Days Ninja Recipe Book: Quick, Easy And Delicious Ninja Smoothies For Your Ninja Professional Blender (Ninja Bullet Recipe Book, Ninja Blender Recipe Book, ... and Smoothies for Weight Loss Book 1) Green Smoothies for Life Healthy Green Smoothies: 50 Easy Recipes That Will Change Your Life--With Photos LEED v4 Green Associate Exam Guide (LEED GA): Comprehensive Study Materials, Sample Questions, Green Building LEED Certification, and Sustainability (Green Associate Exam Guide Series) (Volume 1) LEED GA MOCK EXAMS (LEED v4): Questions, Answers, and Explanations: A Must-Have for the LEED Green Associate Exam, Green Building LEED Certification, ... Green Associate Exam Guide Series (Volume 2) Green Cheeked Conure parrots as pets. Green Cheek Conure Keeping, Care, Housing, Pros and Cons, Health and Diet. Green Cheek Conure parrot owners manual. Hal Jordan and the Green Lantern Corps Vol. 3: Quest for Hope (Rebirth) (Green Lantern - Hal Jordan and the Green Lantern Corps (Rebi))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)