



# Getting Healthy with Smoothies : LOSE weight, DETOX your body & BUILD muscle

*Cyrille Malet*

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In this quick and simple guide on how to get healthier with smoothies, you will find 30 recipes targeting different goals such as :

- How fruits can help you lose weight
- How to detox easily
- How post-work smoothies can build muscle

Each recipe explains WHY the smoothie is good for your health with a quick and helpful recap. You will:

- Mix spinach with fruits... and make it yummy !
- Know how to use Kale...
- ...or know what Kale is !
- Learn more about the amazing power of Chia
- Drink raw eggs with fruits... whaaat? How is that possible?
- And much much more... !

Click on "Buy" and get healthier !

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## Quick & Easy Combos

1. Flax and Mixed Berry Smoothie
2. Blueberry-Pomegranate Smoothie
3. Strawberry-Peach Smoothie
4. Kiwi-Strawberry Smoothie
5. Raspberry-Soy Smoothie

## Breakfast & Energy Boost

1. Chocolate and Coconut Smoothie
2. Blackberry Breakfast Smoothie
3. Oat and Peanut Butter Smoothie

4. Orange Cream Smoothie
5. Ginger-Peach Smoothie

#### Advanced Combos

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#### Detox

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#### Healthy & Green

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3. Kale-Berry-Avocado Smoothie
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#### Post Work-out & Muscle Building

1. Blackberry Banana Smoothie
2. Grape and Spinach Smoothie
3. Avocado-Chia Smoothie
4. Berry Banana Smoothie
5. Banana Cashew Smoothie

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