



365 Skinny Smoothies: Delicious Recipes to Help You Get Slim and Stay Healthy Every Day of the Year

Daniella Chace

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A SMOOTHIE A DAY KEEPS THE FAT AWAY

Forget those 700-calorie "healthy" smoothies you've been drinking. Daniella Chace, nutritionist and bestselling author of *Smoothies for Life!*, has whipped up 365 recipes that will kick-start your weight loss with daily doses of delicious, medicinally potent superfood smoothies.

Organized by season and month, each of these 365 smoothie recipes is a satisfying blend of whole foods that are rich in nutrients that help you shed body fat. Powerhouse ingredients—such as pomegranate juice, chia seeds, green tea and cocoa powder—will boost your metabolism, increase fat-fighting enzymes and even curb your appetite. And with names like Tulsi Avocado Cream, Green Lushy, Svelte Synergy and The Violet TuTu, you'll be sipping your way to increased muscle and reduced fat while your taste buds—and waistline—rejoice.

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