



# **Smoothies: Smoothies Salads & Dressings 45 Recipes And More! Smoothies for Energy & Weight Loss: Clean Food For Optimal Health, Energy & Weight Loss**

*Victoria Finelli*

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Many of us struggle with our health, getting started with a healthy lifestyle can be the hardest part. You know what to do but always delay, delay, delay. Smoothies are an simple and excellent way to begin a healthy lifestyle. Healthy Smoothies are super fast, super nutritious and making them for breakfast each day will help get you in a healthy routine. Starting your day with Breakfast Smoothies will set your whole day for success! These smoothies will provide you with optimal health, more energy and promote weight loss. Some of the benefits for SMOOTHIES are increased energy, detox, curb cravings, improved digestion and the nutrients are wonderful for overall health.

Salads are another great way to begin a healthy lifestyle, lose weight, even detox, whatever your health goals may be, Salads are super beneficial. Healthy Salads provide vitamins, minerals and the nutrients our bodies need to function properly. Greens in general are loaded with nutrients and anti-cancer properties whether in a Smoothie or a Salad, they can be used in numerous dishes. Starting a healthy lifestyle can be simple if you make it simple, that is why Smoothies and Salads take out all of the hard guess work that comes with dieting. Its simple Smoothies are what I'll be having for breakfast today and Salad is what I'll be having for lunch. Most people know how to make Salads but they don't always know how to make them fun and taste good!

Salad Dressings are a huge part of the Salad if you think about it. Sometimes Salads are ruined by a lousy Salad Dressing resulting in a soggy Salad that no one has left to touch. Using these Delicious Salad Dressings that are Healthy, will make you love eating Salads!

Smoothies, Salads & Dressings will show you the Clean Food way of eating for success!



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