



# **Not Your Usual Paleo Smoothies: Nutrition, Health, Energy and Disease Prevention, All That and More in Just a Glass**

*Susan Q Gerald*

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## **Not Your Usual Paleo Smoothies: Nutrition, Health, Energy and Disease Prevention, All That and More in Just a Glass** Susan Q Gerald

What Will You Find in This Book The world of Paleo is full of delicious prospects and surprises. The world has become so competitive that people hardly have time to grab a bite before a meeting. This calls for something that will provide the essential nutrients and energy to keep you going and give you. This is where you can substitute smoothies for a proper meal, as it ensures you receive the correct nutrition so that you remain healthy. However, in no way are we saying that you completely forego having meals. But smoothies can be a great snack or breakfast item, or they make for the perfect ones when you are on the go and need to replenish yourself in a hurry. This book has been written specifically for those people who just love having different types of smoothies. Are you tired of drinking the same smoothie every day? Then read this book to find out the different types of smoothies you can whip up for yourself, in no time at all. Are you ready to tantalize your taste buds with the recipes mentioned in this book? Then start reading.

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