



Bulletproof Diet Smoothies: Quick and Easy Bulletproof Diet Recipes to Lose Weight, Feel Energized, and Gain Radiant Health and Optimal Focus

Madison Miller

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Learn to prepare bulletproof smoothies! Feel energized, lose weight and gain mental focus and clarity in no time.

The Bulletproof Smoothie cookbook has harnessed the concepts of the diet by creating smoothies that follow the Bulletproof diet breakdown. The vast array of smoothie recipes can tackle anything from breakfast, lunch, and dinner, as well as your dessert cravings.

The truly fantastic thing about all of these smoothies is that they are quick to make and provide you with a fantastic balance of Bulletproof ingredients for a meal. Adding smoothies to your diet is a fantastic way you can become more efficient with your time while ensuring you are well on your way to becoming an optimized Bulletproof version of yourself.

Welcome to your Bulletproof Revolution!

Inside find Bulletproof Diet Smoothie cookbook find:

- A short description of the Bulletproof diet;
- Energizing coffee and tea smoothies;
- Super healthy vegetable smoothie recipes;
- Unctuous fruit smoothies
- Satisfying nutty smoothie recipes

The coffee and tea section gives you tasty options for breakfast like a Vanilla Bean Latte packed with fat and protein or a Matcha Latte that gives you the boost of a green tea combined with fats that will feed your brain for ultimate success.

The Vegetable Smoothie selection includes awesomeness like Kale-Berry, Carrot Ginger, and a Brussels Sprout smoothie that will all knock the fat off and the IQ on.

The Fruit Smoothies are out of this world. We have included just enough fruit to ensure you get the flavor and nutrients but not so much so that you are dining on candy. You can use fresh or frozen fruits but always stay away from canned version.

The smoothie selection includes the Bulletproof in Hawaii smoothie (which will make you want to Hula to work) and a lovely Raspberry Chocolate combo that is a whole lot of dessert in one nutrient-rich cup.

Don't forget to check out the companion book to the Bulletproof Diet Smoothie, the Bulletproof Diet Cookbook.

Scroll back up and grab your copy today!

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Brandy Greenawalt:

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Florinda Redfern:

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Jacki Warner:

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