



Fat Loss Tips 4: The Fat Loss Series: Book 4 of 7 - 40: Fat Loss Smoothies, Drinks, Shakes, and Juice Recipes

V. Noot

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40 Fat Loss Shakes, Smoothies, and Other Drinks in One Book!

In the third book of the Fat Loss Series, I emphasized eating habits. This audiobook is about drinking habits, since drinking the right substances is such an important part of the weight loss diet plan. By listening to this book and applying the fat loss drinking techniques and recipes, you will complete your strategies and weight loss plan even more!

You will learn:

- Ten delicious fat loss drinks.
- Ten yummy fat loss smoothies.
- Ten tasty fat loss shakes.
- Ten detoxing fat loss juices.
- Easy drink recipes with healthy ingredients.
- Interesting facts about vitamins, fruits, and other fat loss nutritional substances.
- And much more!

Benefits of losing fat:

- Drink the right drinks.
- Enjoy the delicious fruits, herbs and vegetables of nature.
- Feel more confident.
- Improve your health.
- Build your immune system.
- Become better at your favorite sport.
- Live longer.
- Look beautiful/handsome.
- Become faster, stronger, and more energetic.

So if you love juicing, mixing, and drinking, but you are also aware of your health and diet, then check out this jewel of a book! Don't put it off if you want to lose fat. Download this affordable fat loss audiobook right now!

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Ashley McKay:

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Christine Flint:

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