

# Smoothies For Weightloss And Athletes

*Smoothies for Athletes*

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**Smoothies for Athletes.com**

**126 Easy Recipes for  
Maximum Sports Performance!**



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What could you do if you had more Energy? How many times have you thought 'if I only had more energy, I could get more done'? Almost everyday I bet! What do you do when you find yourenergy

lagging? Go for something with Caffeine? Sugar? Junk food? This is what most of do, and it does help us briefly but then we come crashing down, feeling drained and needing more. For many of this it also leads to weight gain because we're constantly filling up on junk food for a quick fix. Do you find yourself wishing you had more energy? Always feeling like there is never enough hours in the day to get everything done? What if you had a healthier way to raise your energy level? Would you be interested? Ahh! I thought so! These recipes were put together by a fitness guru, to help athletes have more energy, but you don't have to be an athlete to benefit from them. "Smoothies for Athletes" will make you feel like an athlete! You'll have more energy to tackle all those things you have to get done everyday! Getting more done will help you feel better mentally because you feel like you've accomplished so much more each day! Just take a look at just some of the Mouth-watering recipes you'll get! AMAZING APPLE SMOOTHIE APPLE CARROT QUENCHER APPLES AND CREAM SMOOTHIE APPLE PIE SMOOTHIE APRICOT APPLE SMOOTHIE ARTIC FOREST SMOOTHIE AVOCADO AVALANCHE AVOCADO BANANA BERRY SMOOTHIE BANANA BLUEBERRY SMOOTHIE BANANA HAZELNUT SMOOTHIE BANANA NUTBREAD SMOOTHIE BANANA OATMEAL SMOOTHIE BANANA ORANGE TWIST BANANA PEARBERRY SMOOTHIE BANANA SPLIT SMOOTHIE BASIC FRUIT SMOOTHIE BERRY ALMOND BLAST BERRY BANANA SMOOTHIE BERRY BLISS SMOOTHIE BERRY BLUE SMOOTHIE BETA CAROTENE BLAST and much,much more. No zip file to unzip here.Your ebook is in pdf format ready to download for easy viewing.You can sell this ebook or use the recipes for your own enjoyment.Im sure theres something in here for everyone.Thanks for stopping by and enjoy.

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