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By Cooknation

Bell Mackenzie Publishing, United States, 2016. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.The Skinny NUTRIBULLET 5:2 Diet Recipe Book Delicious Nutritious Smoothies Under 100, 200 300 Calories. Perfect For Your 5:2 Diet Fast Days. Burn Fat, Lose Weight and Feel Great! This collection of delicious nutrient-packed Nutribullet smoothies juices has been specially created to compliment your 5:2 fast day efforts and help you lose weight fast. Each calorie counted smoothie falls below 100, 200 or 300 calories making it easy for you to monitor your daily intake effectively and take control of your diet. There has never been a better time to introduce health-boosting, weight reducing, wellbeing smoothies to your life. So what are you waiting for? Start today with the diet that has changed millions of people's lives around the world and let your Nutribullet do all the hard work. Look out for other Skinny Nutribullet recipes in the series from CookNation including: The Skinny Nutribullet Recipe Book The Skinny Nutribullet Slimming Smoothies Recipe Book The Skinny Nutribullet Super Green Smoothies Recipe Book The Skinny Nutribullet 7 Day Cleanse The Skinny Nutribullet Soup Recipe Book The Skinny Nutribullet Meals...

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