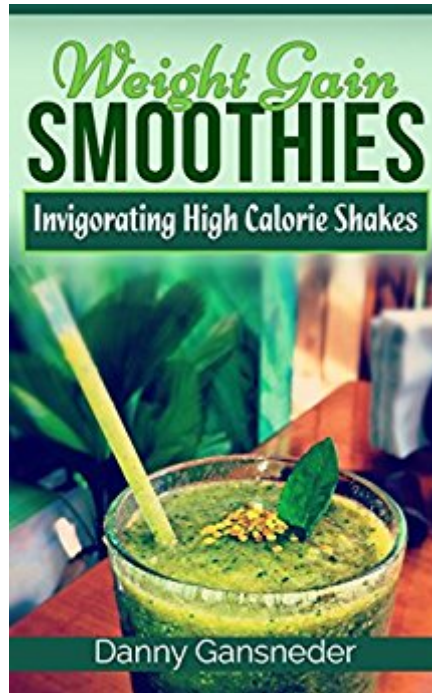




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Weight Gain Smoothies: Invigorating High Calories Shakes



Synopsis

Welcome to the World of High Calorie Smoothies! Join the community of people who have chosen to boost their calorie intake by consuming their foods in beverage form. This comprehensive recipe guide contains over 20 delicious recipes filled with Protein, Healthy fats, Vitamins and Calories. Along with alternate ingredient options and added flavor tips to shake up your smoothie routine. Whether you are looking for meal replacements or adding extra calories to your diet, this book is for you. With the various options offered, you can get creative with your smoothie flavors while taking control of your health. This Book Has Recipes For: Body builders, Vegans, Raw foodists, Ketogenic dieters, and more! Whether you crave a sweet fruity treat or a hearty meal replacement shake, a post workout cool-down or an energizing morning boost, you are sure to find your new favorite beverage in this book. Take action today and download this book for a limited time discount of only \$2.99!

Book Information

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