



# **Nutribullet Recipes for Weight Loss: 100 Healthy Smoothie Recipes to Help You Lose Weight Naturally**

*Celeste Jarabese, Content Arcade Publishing*

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One safe way to lose weight is by drinking healthy beverages like smoothies that are rich in fiber, vitamins, minerals, and antioxidants. These components can help the body in shedding unwanted fats and burn more calories by increasing your metabolism.

This recipe book aims to help people who wants to lose weight naturally using a powerful machine called the “NUTRiBULLET Superfood Extractor”. It includes a great selection of smoothie recipes that calls for fresh fruits, vegetables, seeds, nuts, dairy or non-dairy liquid bases and many more!

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