

**Healthy Smoothies: Complete Guide Of
Diet Recipes To Increase Metabolism,
Weight Loss & Detox - Plus Green
Smoothies!**

By Amanda Lewis



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Kids cooking and eating healthy tips are a main focus; meal prep & healthy smoothies are depicted in these kids cooking videos. Portion control tips.

<http://healthyeatingchildren.com/>

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<http://healthy.recipes.smoothies.weight.loss.bodybuilding--supplementss.com/>

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About Amanda Lewis: Resource Consultant, Business Coach & Author International Travel Consultant/Senior VP Acquisitions/ Marketing VP/Author/Nationwide register; http://www.goodreads.com/author/show/403084.Amanda_Lewis

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