



Man Smoothies: 30 Smoothie recipes to boost energy, reduce fat And promote overall awesomeness

Chris Kane

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The Man Smoothie book aims to help those men who feel that their health & body could do with a fix up. The smoothies contained within this book will help to increase overall energy and promote fat loss by prescribing a variety of hand picked smoothie recipes designed to make your body work for you and not against you.

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