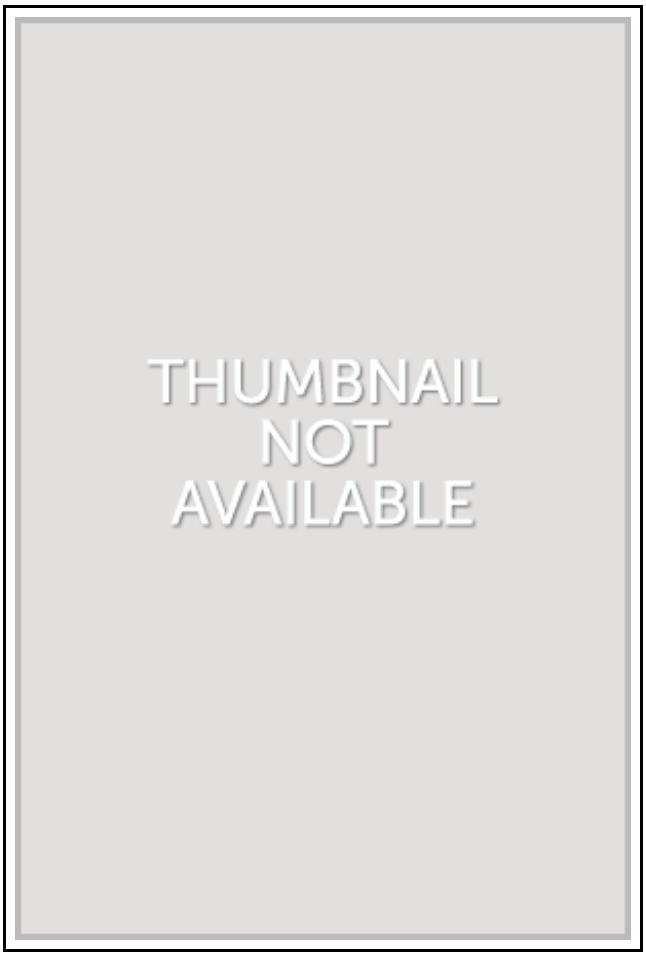
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Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat, Keith Sebastian, Samuel H. Barnes, Kristine Miles, FEATURES 165 PROTEIN-PACKED, ENERGY-BOOSTING SMOOTHIES THAT TAKE EVERYDAY WORKOUTS AND ATHLETIC PERFORMANCES TO THE NEXT LEVEL Power up your workouts with natural smoothies made from the best superfoods on the planet. Offering vitamin-, mineral- and protein-rich recipes for before, during and after you exercise, the fruit and green smoothies in this book not only help you build muscle but also properly nourish the entire body: *Boost your metabolism with green tea--infused Almond Up *Burn fat with the macronutrient-balanced Skinny Avocado *Hydrate with the thirst-quenching Coconut-Orange Refresher *Carb-Load with the superfoods in Sweet Potato Pie *Build Muscle & Recover with the protein-packed Red Bean Reviver *Wake up, caffeine free, with the Berry Bean Blast.

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