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Arnel Ricafranca

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13 Metabolic Accelerating Recipes for all day fat burning smoothie on the go
9 Recovery Enhancing Recipes to replace your post workout shakes
31 Total Smoothie Recipes that are as easy as 1-2-3

Written by Arnel Ricafranca
Part of the Workout Series line of eBooks

All 31 unique smoothie recipes were designed for:

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* Increasing fruits and veggie intake
* Faster recovery from being worn out
* Faster than cooking
* And to taste great

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