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# RECIPES BOOKS: THE METABOLISM DIET AND GREEN SMOOTHIE GOODNESS (PAPERBACK)



WebNetworks Inc, 2013. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Recipes Books: The Metabolism Diet and Green Smoothie Goodness The Recipes Book is about two different diet plans, the Metabolism Diet and the Green Smoothie Diet. Each diet plan offers recipes that are healthy and help to bring about a change in dieting lifestyle for the better. Each diet targets different issues to help the body become healthier. The metabolism diet helps to boost...

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- Authored by Janice Garcia
- Released at 2013



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