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Autore	L. Roberts Dale
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Altri autori (Persone)	VaneAllie
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Nota di contenuto	Intro -- Page de Titre -- Droits d'Auteur -- Les Meilleurs Smoothies Verts pour Perdre du Poids -- Instructions -- Préparation -- Recettes -- Glossaire des Ingrédients Verts -- Glossaire des Autres Ingrédients -- Conclusion -- Remerciements -- 1. À propos de l'Auteur -- 2. Meilleurs Remerciements -- 3. Références.
Sommario/riassunto	This book, 'Les Meilleurs Smoothies Verts pour Perdre du Poids' by Dale L. Roberts, is a comprehensive guide to incorporating green smoothies into one's diet for health benefits and weight loss. It emphasizes the nutritional advantages of green leafy vegetables, such as reducing cholesterol and providing essential vitamins and minerals. The book includes detailed recipes, preparation instructions, and ingredient glossaries to help readers create balanced smoothies. It advocates for a ratio of three parts vegetables to one part fruit to ensure nutrient density while managing sugar intake. The author emphasizes the importance of moderation and integrating smoothies into an overall healthy lifestyle, including regular physical activity. The intended audience is individuals seeking convenient, nutritious alternatives to fast food and snacks, aiming to enhance their diet without compromising on taste.