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126 Easy Recipes for Maximum Sports Performance! Over a 120 quick and easy smoothie recipes that give you more energy and stamina! These recipes not only taste good, but they also give you more energy. Smoothies are so easy to make. Anyone can easily make their own healthy smoothie quickly and easily. A smoothie is basically a blended drink usually containing fruit. Some recipes use yoghurt to make almost a milkshake type drink whilst others just use the fruit juices. Other ingredients include chocolate, peanut butter, tofu and jams. "Smoothies for Athletes" will make you feel like an athlete! You'll have more energy to tackle all those things you have to get done everyday! Getting more done will help you feel better mentally because you feel like you've accomplished so much more each day! Purchase this magnificent ebook and avail benefits like: Having more energy, more stamina, better health and save huge money because you are not buying junk food but you are nurturing a good health. Tags: banana fruit smoothie recipe, banana mango smoothie recipe, banana orange smoothie recipe, banana pineapple smoothie recipe, banana smoothie recipe, banana smoothie recipes, bananas smoothie recipe, banna smoothie recipes, bannana smoothie recipe, berry smoothie recipe, best smoothie recipe, best smoothie recipes, blender smoothie recipe, blueberry smoothie recipe, breakfast smoothie recipe, chocolate smoothie recipe, coconut smoothie recipe, coffee smoothie recipe, delicious smoothie recipe, diet smoothie recipe, dr oz smoothie recipe, easy smoothie recipe, easy smoothie recipes, free smoothie recipe, free smoothie recipes, fresh fruit smoothie recipe, fresh fruit smoothie recipes, fresh smoothie recipe, frozen fruit smoothie recipe, frozen smoothie recipe, fruit juice smoothie recipes, fruit smoothie recipe, fruit smoothie recipes, fruit smoothies recipe, fruit smoothies recipes, great smoothie recipe, green smoothie recipe, green smoothie recipes, green smoothies recipes, guava smoothie recipe, healthy fruit smoothie recipe, healthy fruit smoothie recipes, healthy smoothie recipe, healthy smoothie recipes, homemade smoothie recipe, ice cream smoothie recipe, ice cream smoothie recipes, jamba juice smoothie recipe, jamba juice smoothie recipes, juice and smoothie recipes, juice smoothie recipe, kids smoothie recipe, kiwi smoothie recipe, low calorie smoothie recipe, low calorie smoothie recipes, low carb

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