



99 Calorie Myth & SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1)

Jonathan Bailor

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(Volume 1) Jonathan Bailor

READY, SET, BLEND! Formulated by New York Times Best-selling Author and Natural Weight-Loss Expert Jonathan Bailor, your *SANE Certified*™ green smoothies are radically different from the sugar saturated “healthy” smoothies you will find on grocery store shelves and served at smoothie chains. While those smoothies can contain as much sugar as three cans of Coke, your *SANE Certified*™ green smoothies contain about as much sugar as a cup of fresh blueberries. They also contain no artificial sweeteners, unnatural chemicals or flavorings, are 100% gluten free, never contain any GMO ingredients, and are 100% kid-approved and family friendly.

In short, your *SANE Certified*™ green smoothies are the single most effective and safest beverage you and your family could ever enjoy.

Simply by adding two to four of these smoothies to your family’s daily routine, within one week you can:

- Lose Weight
- Reverse aging
- Control diabetes
- Boost your concentration
- Reduce hunger
- Clear away cellulite
- Reduce risk of cancer
- Increase energy
- Curb cravings
- End overeating
- And so much more!

**Get Your Free 6-Step Weight-Loss Blueprint: SANESolution.com/Blueprint

WHAT MAKES A SANE CERTIFIED™ RECIPE DIFFERENT?

- Backed By Research: Scientifically proven to burn fat, boost energy levels, and improve your health.
- Always Great Tasting: Designed by top chef's to taste unbelievable - you won't ever call this "diet food."
- Easy & The Entire Family Will Love Them: Perfectly balanced between convenience, variety, and affordability so you get great tasting results without spending hours in the kitchen.

NEW TO SANE EATING?

What if everything you thought you knew about weight loss was wrong? What if you could eat more,

exercise less, and lose weight? What if the world's most advanced science proved it? Now you can join the millions who are breaking free from the calorie myth and "Going SANE!"

If you want to boost health and burn fat long term, then we respectfully ask you to ignore EVERYTHING you've been told about weight loss. Like counting calories. Exercising every day. And avoiding fatty food. These "rules," it turns out, are COMPLETELY in REVERSE. They're mistakes. And that's not hype ...it's SCIENCE.

Now, based on a mountain of scientific evidence, there's a stunningly effective science-backed plan that can help you achieve the greatest wellness success of your life. Turn your body into a fat-burning machine at any age with these revolutionary recipes!

Get Your Free 6-Step Weight-Loss Blueprint: [SANESolution.com/Blueprint**](http://SANESolution.com/Blueprint)

PLEASE STOP COUNTING CALORIES!

Starving yourself is absolutely pointless because your body has its own way to keep your body at a set weight, no matter how many calories you cut. It's NOT the calories ... it's NOT the carbs ... it's NOT the fat that matters. The secret to lasting weight loss lies in the **QUALITY** of the food you eat.

In your recipe book, you'll discover dozens of foods that actually help lower your set-point to that of a naturally **THIN** person. The result? Your hormones will become balanced so you can eat to your heart's content and still lose weight.

PLEASE EAT MORE FOOD!

Researchers have proved that people eating higher-quality foods lost a staggering 86.5% more body fat than typical dieters — even though they ate the same number of calories. But what **ARE** these higher-quality foods? Good news: They include the delicious rich smoothies you'll discover in this book!

Get Your Free 6-Step Weight-Loss Blueprint: [SANESolution.com/Blueprint**](http://SANESolution.com/Blueprint)



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From reader reviews:

Angela Dreiling:

The feeling that you get from 99 Calorie Myth & SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1) will be the more deep you excavating the information that hide inside the words the more you get interested in reading it. It doesn't mean that this book is hard to recognise but 99 Calorie Myth & SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1) giving you thrill feeling of reading. The author conveys their point in particular way that can be understood by anyone who read this because the author of this publication is well-known enough. This specific book also makes your own personal vocabulary increase well. So it is easy to understand then can go along with you, both in printed or e-book style are available. We advise you for having this 99 Calorie Myth & SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1) instantly.

Susan Tokarz:

The book 99 Calorie Myth & SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1) will bring someone to the new experience of reading the book. The author style to spell out the idea is very unique. Should you try to find new book to see, this book very ideal to you. The book 99 Calorie Myth & SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1) is much recommended to you to study. You can also get the e-book from your official web site, so you can quicker to read the book.

Kenneth Flowers:

A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Do you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity here is look different you can read a book. It is really fun for you personally. If you enjoy the book you read you can spent all day long to reading a e-book. The book 99 Calorie Myth & SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1) it is quite good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. Should you did not have enough space bringing this book you can buy typically the e-book. You can more effortlessly to read this book out of your smart phone. The price is not to cover but this book provides high quality.

Sarah Creamer:

This 99 Calorie Myth & SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1) is new way for you who has fascination to look for some information because it relief your hunger details. Getting deeper you onto it getting knowledge more you know or you who still having bit of digest in reading this 99 Calorie Myth & SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1) can be the light food to suit your needs because the information inside that book is easy to get simply by anyone. These books acquire itself in the form which can be reachable by anyone, yeah I mean in the e-book web form. People who think that in reserve form make them feel tired even dizzy this book is the answer. So there is no in reading a e-book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss that! Just read this e-book type for your better life as well as knowledge.

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