



Healthy 5:2 diet smoothie recipes: low calorie smoothies to keep you full during your fasting days

Emmy wili

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Do you fear fasting because you cannot contain hunger? Smoothies may be the solution you have been searching for. Smoothies are made from healthy vegetables and fruits. They are tasty and will keep your stomach full for a long time. The recipes included in this book have low calories. You do not have to worry about exceeding your calorie limit.

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