



## My Smoothie Recipe Journal: Apple Shake, 6 X 9, 200 Blank Smoothie Recipes

By My Smoothie Recipe Journal

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 200 Blank Smoothie Recipes Now you can write down all of your favorite smoothie recipes instead of searching endlessly for them in a drawer, in your bookmarks or on random pieces of paper. Each page is numbered with a blank table of contents so it is quick and easy to fill out. In a glance you can find exactly what page your smoothie recipe is on. You can even make notes about whether they are weight loss smoothies, detox smoothies or even for muscle building. Remind yourself of changes to the recipe or even to write down the website it came from. Scroll up and grab your copy by hitting the orange buy button today!.



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