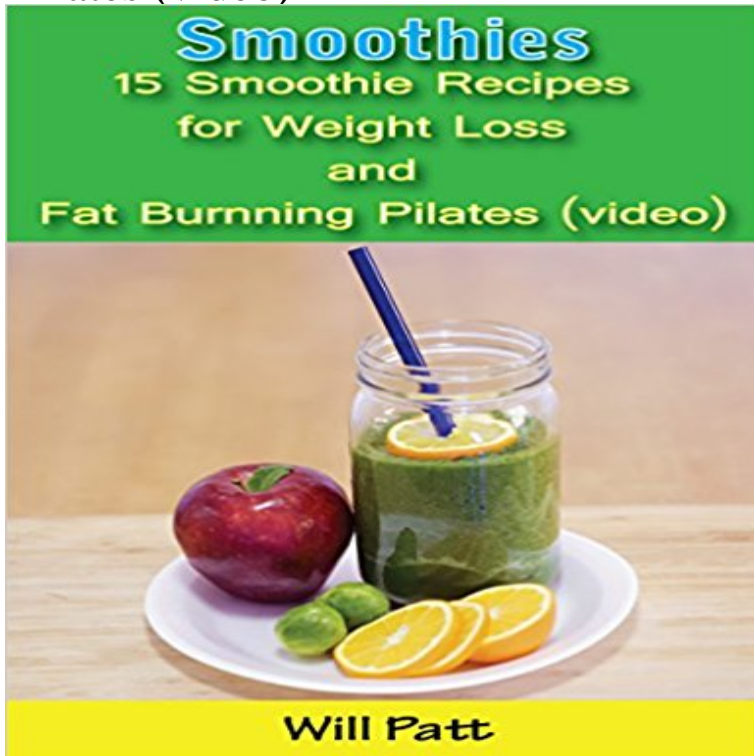


# Smoothies: 15 Smoothie Recipes for Weight Loss and Fat Burning Pilates (video)



Smoothies: 15 Smoothie Recipes for Weight Loss and Fat Burning Pilates (video) Smoothies: 15 Smoothie Recipes for Weight Loss and Fat Burning Pilates (video) These recipes are rich in antioxidants and high in fiber and help burn fat. Fiber can help you lose weight. The Smoothie Recipe Book gives you 15 delicious smoothie recipes to help you cleanse your body and lose weight.

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