



31 Perfect Fitness Smoothies

Arnel Ricafranca

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9 Energy Boosting Recipes to add variety to your morning caffeine / energy drink or pre workout supplement

13 Metabolic Accelerating Recipes for all day fat burning smoothie on the go

9 Recovery Enhancing Recipes to replace your post workout shakes

31 Total Smoothie Recipes that are as easy as 1-2-3

Written by Arnel Ricafranca

Part of the Workout Series line of eBooks

All 31 unique smoothie recipes were designed for:

- * Increased energy
- * Increasing fruits and veggie intake
- * Faster recovery from being worn out
- * Faster than cooking
- * And to taste great

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