



**The Buff Baker Presents: 101 Secret Smoothie  
Recipes for Super Human Workout Sessions: Fuel  
Beast Mode (The Buff Baker Fitness & Health  
Series)**

*Shawn Rashid*

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# **The Buff Baker Presents: 101 Secret Smoothie Recipes for Super Human Workout Sessions: Fuel Beast Mode (The Buff Baker Fitness & Health Series)**

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## **The Buff Baker Presents: 101 Secret Smoothie Recipes for Super Human Workout Sessions: Fuel Beast Mode (The Buff Baker Fitness & Health Series) Shawn Rashid**

The 101 Easy Smoothie Recipes book is aimed to those of you who enjoy exercise and are aware of the fact that your body needs more nutrients when going through a work out. As the title suggests, the recipes are easy and reliable, the ingredients are easy to find and they are combined so that they taste good, but also offer a proper vitamin and mineral intake. Every single of these recipe is a great addition to any diet and you can't go wrong with it. Water should be your first choice, but when you need an energy boost, water is not enough. But a smoothie could be, especially if you listen to your body's needs and combine the ingredients in a benefic way. Being healthy is a matter of diet so choose a smoothie to improve your health!

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