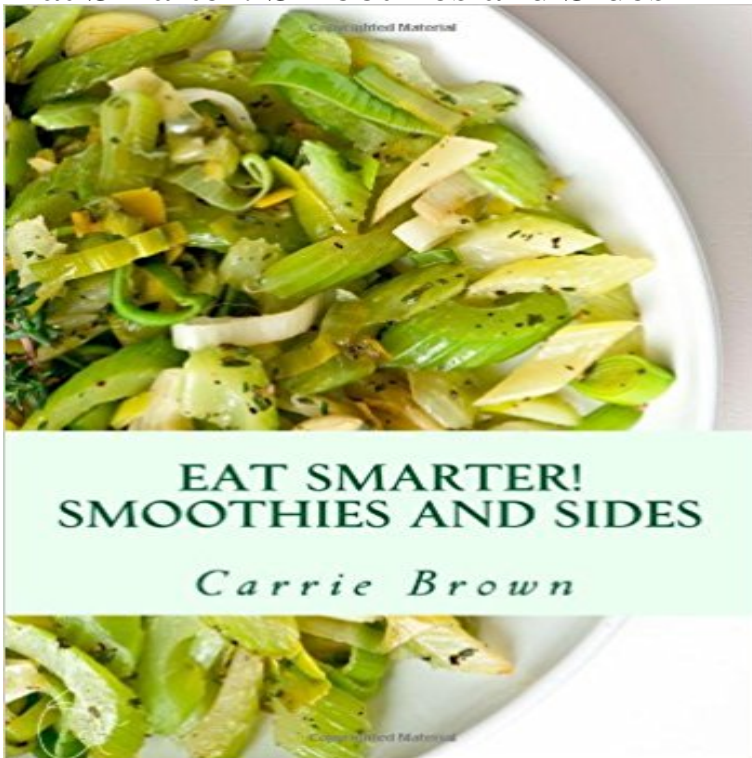


# Eat Smarter! Smoothies and Sides



Developed around the research by Jonathan Bailor for those living a SANE lifestyle, this cookbook is crammed with scrumptious smoothie and side dish recipes to create 55 absolutely scrumptious, fat-burning, health-boosting ways to get your veggies, that will help in the quest for improved health and increased fat-loss goals. All recipes are free of sugar, grains, gluten, and soy. Most are free of eggs and dairy, or can easily be made so. Safe for Diabetics. Developed for people who are living a SANE lifestyle but also highly valuable for Paleo, Wheat Belly, Vegetarian, Vegan (with slight modification), Primal, weight-loss, gluten-free, grain-free, sugar-free, diabetic, dairy-free (with slight modification), and many other dietary lifestyles. All recipes are SANE. Foreword by Jonathan Bailor, Author of The Calorie Myth

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