



# **Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat**

*Keith Sebastian, Samuel Barnes*

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**FEATURES 165 PROTEIN-PACKED, ENERGY-BOOSTING SMOOTHIES THAT TAKE EVERYDAY WORKOUTS AND ATHLETIC PERFORMANCES TO THE NEXT LEVEL**

Power up your workouts with natural smoothies made from the best superfoods on the planet. Offering vitamin-, mineral- and protein-rich recipes for before, during and after you exercise, the fruit and green smoothies in this book not only help you build muscle but also properly nourish your entire body:

- **Boost your metabolism with green tea–infused Almond Up**
- **Burn fat with the macronutrient-balanced Skinny Avocado**
- **Hydrate with the thirst-quenching Coconut-Orange Refresher**
- **Carb-Load with the superfoods in Sweet Potato Pie**
- **Build Muscle & Recover with the protein-packed Red Bean Reviver**
- **Wake up, caffeine free, with the Berry Bean Blast**

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