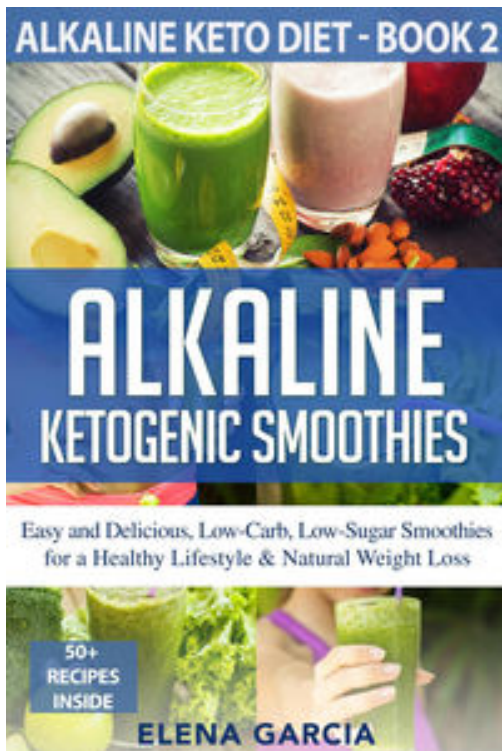


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Low Carb, Low Sugar, Gluten Free + High Fat Smoothie Recipes - can be made in less than 5 minutes.

Perfect for natural weight loss and a healthy lifestyle.

Compatible with low-carb and low-sugar diets.

Here's exactly what you will discover inside:

-easy to follow guidelines (even if you don't know anything about the keto diet or alkaline foods)

-simple steps to combine the alkaline and keto diets to enjoy more energy, restore health, and, if desired- lose weight naturally, without feeling deprived

-detailed food lists and shopping lists for alkaline-keto smoothies (the ingredients are easy to find and inexpensive)

-simple, on-a-budget alkaline keto natural superfoods recommendations

-over 50 original alkaline keto smoothies, including naturally sweet smoothies (with no sugar), spicy smoothies, creamy smoothies and therapeutic smoothies (to relax, sleep better, improve memory, fight colds and flu, concentrate better or reduce menstrual pain).

Guilt-free dessert smoothies, protein smoothies, and quick meal replacement smoothies are also waiting for you inside this guide!

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