



# **Hormone Reset Diet Recipes - The Unofficial Cookbook: 30 Smoothies & Drinks Recipes for Making Balance and Harmony Simple (Hormone Diet series Book 4)**

*Kathleen Peake*

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# Hormone Reset Diet Recipes - The Unofficial Cookbook: 30 Smoothies & Drinks Recipes for Making Balance and Harmony Simple (Hormone Diet series Book 4)

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SEE HOW EASILY YOU CAN ACHIEVE BALANCE AND HARMONY THROUGH THE FOOD AND DRINKS YOU CONSUME

Here are 30 mouth-watering smoothie and drink recipes... with a twist...

Each recipe tells you which hormones are influenced and what this means to you and your body. Here's an example recipe:

## BLUEBERRY SMOOTHIE

A presence of CORTISOL in the body indicates stress, and high levels of CORTISOL may provoke weakening of the immune system, increased blood sugar, and degeneration of bone tissue.

Make this quirky little recipe to eliminate stress by reducing CORTISOL levels in the body. It's also perfect for those who play sports or who just love blueberries. Preparation time is under 5 minutes.

### INGREDIENTS:

- gluten-free almond milk:  $\frac{3}{4}$  cup (must be chilled before use) or alternatively use soy milk
- frozen blueberries:  $\frac{2}{3}$  cups (use organic or bio blueberries if possible)
- Nutribiotic vanilla Rice Protein Powder: 2 tablespoons
- serving stevia (a sweetener): 1 to taste (alternatively use agave)

### PREPARATION:

Step 1: combine almond milk, frozen blueberries, protein and stevia into a blender.

Step 2: blend all ingredients together until smooth.

Step 3: the drink is ready to be served.

Click the Cover "Look Inside" for More Sample Recipes!

Written in an easy step-by-step format, gorgeous smoothies and drinks have never been simpler to make or more enlightening.

Note: this book is neither affiliated nor endorsed by Sara Gottfried's The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days

This is a totally independent book containing drinks recipes only to achieve perfect balance and harmony by influencing hormone production.

- ✓ Do you suffer from mood swings? You may need to boost your GH level. You can do this by making this refreshing smoothie and reap the benefits. (Recipe #9).
- ✓ Need to reduce your blood pressure? Increasing ANP could be the answer. Enjoy this mango, tomato and basil smoothie (recipe #28).
- ✓ Feeling washed out? You may need to raise Oxytocin in your blood. Make this unique green smoothie for an instant energy boost. (Recipe #23).

And many more...

Download this unique smoothies & drinks recipe book today at a limited time discount price!

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**Sandra Mendoza:**

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