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By Chris Kane

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Constructing recipes which fit the very specific criteria of the bulletproof diet can be a time consuming and frustrating process. The bulletproof diet smoothies book solves this problem by having 25 quick and easy smoothie recipes which are especially designed to make sure they meet all the requirements of the bulletproof diet, as well as being satisfying and delicious. This recipe book can help you get started on the bulletproof diet this instant, and reap the rewards of a healthier lifestyle.

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Marie Walsh:

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Mary Banks:

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Ricardo Kiernan:

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