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# The Smoothie Detox Challenge™ by Drew Sgoutas eBook PDF Download

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# **The Smoothie Detox Challenge Review**

This Simple Detox Melts Pounds Of "Trapped" Fat And Shrinks Your Waist In Just 10 Days. Results Guaranteed.

The program promotes healthy weight loss by substituting unhealthy food snacks with nutritious snacks as well as maintaining a healthy meal plan as specified in the program. According to Drew Sgoutas, traditional methods used in the weight loss journey possess unseen drawbacks that may not work for the majority of overweight individuals.

Drew Sgoutas is a Board Certified Health Coach and has been in the health and fitness industry for many years now. With such reliable background and renowned title as a Board Certified Health Coach, Drew Sgoutas has become one of the most trusted weight loss experts as he gets rid of the common misbelief and fake diet practices that he refers to as food reset.

He created this Smoothie Detox Challenge program that covers around 15 chapters providing healthy tips on how to lose weight and make you feel healthy throughout the day. The program implicates new weight loss techniques that you never heard of and learned before.

## About the author



Hi, I'm Drew Sgoutas. I'm a Board Certified Health Coach and weight loss expert. I'm proud to say that over the course of my career, I've helped more than 3,000 people lose more than 40,000 total pounds!

In that time, I've seen the pitfalls of traditional dieting first hand, where starting something new is hard, so when diets get too challenging, we give up.

That's why I created The Smoothie Detox Challenge. I wanted to take the confusion out of healthy living and help you kickstart your weight loss in the easiest and fastest way possible.

## How The Smoothie Detox Challenge Works:

- **STEP 1: Making The Smoothies**

For 10 days you'll replace your three main meals with smoothies. Detailed recipes and shopping lists are provided in this ebook. Each smoothie recipe makes 3 servings. You will make one large batch and divide it equally into 3 containers to have for breakfast, lunch and dinner. All smoothies are dairy free and vegan/vegetarian friendly. Not to mention delicious and filling!

- **STEP 2: Whole Food Snacks**

You'll also get to eat two snacks per day. A full list of snacks is provided in this book as well. One of the most common concerns of people starting their first detox is hunger. Drinking your nutrition instead of eating it can be an adjustment, and regularly eating nutritious snacks will help you curb your hunger so your body and mind can focus on getting healthy. Vegan and Vegetarian options available.

- **STEP 3: Optional Whole Food Meals**

For those who would like a modified version of this plan, we recommend replacing one smoothie per day

with a healthy meal. Optional meals provided. Vegan and Vegetarian options also available.

- **STEP 4: Join The Support Community**

A sense of community is so important to weight loss success! As a member of our weight loss family, you'll never feel like you're detoxing alone. Swap detox stories, build friendships, and have a team of inspirational women in your corner every step of the way.

- **STEP 5: Win Monthly Prizes!**

Every month we give away cash and prizes to the most dramatic transformation. You will need to submit before and after photos to be eligible. Instructions are in the guide. Good luck!

- **STEP 6: Weight Loss Guaranteed**

If you follow the plan it will be physically impossible for you not to lose a massive amount of weight. But, if you are unhappy for any reason you can get your money back, no questions asked.

## Product format

The smoothie detox challenge is an e-book whose format can be supported on any of your devices. Also, you can get a hard copy if you like. We understand that not everyone wants to read on their phone. So everyone is catered for.

## What You Get:

1. **CORE DETOX GUIDE:** Over 60 pages of detox tips for weight loss and improved health.
2. **10-DAY ACTION PLAN:** Everything you need to follow the detox day by day.
3. **RECIPES AND SHOPPING LISTS:** Easy to follow to make shopping and prep a breeze!
4. **ACCESS TO PRIVATE FACEBOOK COMMUNITY:** Get support and motivation in our detox group
5. **EVERYTHING IS AVAILABLE FOR INSTANT DOWNLOAD AFTER YOU ORDER.** No waiting for anything to come in the mail. Start TODAY!



## **Conclusion**

The Smoothie Detox Challenge is one of the most exciting weight loss programs released in recent years. In addition to a book filled with healthy, nutritious, and fat-burning smoothie recipes, buyers of this weight loss program will also access several delicious, whole-food recipes and snacks. You'll also get access to a community of people who are facing the same struggle as you are and who can offer helpful suggestions to get your weight loss journey going.

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