



YOUR RECIPE BOOK, IF YOU WANT TO LOSE WEIGHT

*or maintain an ideal weight, while eating delicious food in the meantime.
This is for you who want a fast, healthy nutritious meal, instead of
a regular breakfast, lunch or dinner. It is fast to make,
and you can consume it on the move.*

*This is also for you who want a
good recovery drink after work-out.*

*See you inside!
Sara & Maria
A-Golden-Opportunity.com*



GREEN SMOOTHIES WEIGHT LOSS RECIPES



SARA & MARIA BERN