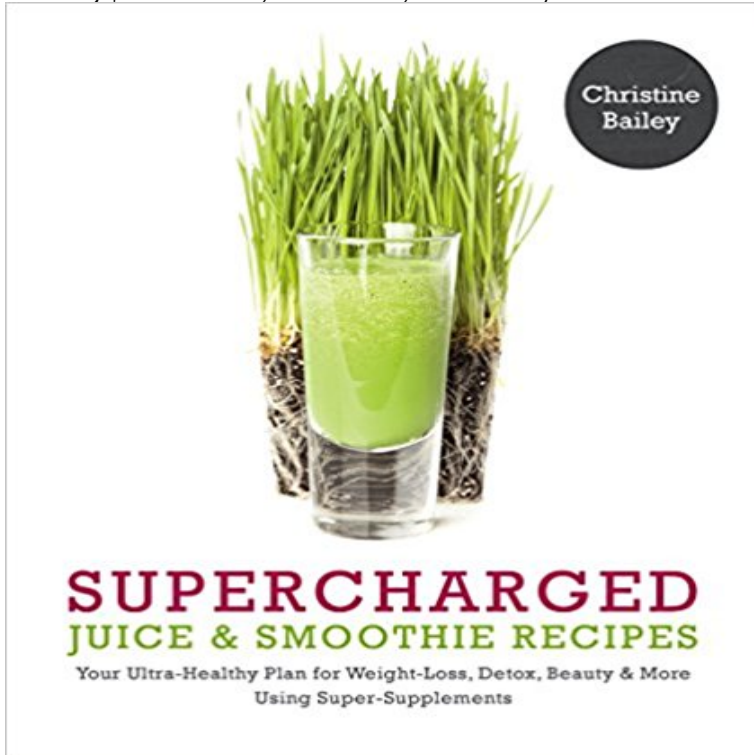


# Supercharged Juice & Smoothie Recipes: Your Ultra-Healthy Plan for Weight Loss, Detox, Beauty & More Using Super-Supplements



Looking for a simple way to boost your energy levels, improve your health, lose weight and feel fantastic? Supercharged Juice & Smoothie Recipes is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Taking juicing to a whole new level with nutrient-packed, health-boosting ingredients, Bailey uses an array of ingredients including sea vegetables, herbs, teas, and tinctures to help you supercharge your juice regimen. Using extra boosters in juices and smoothies is a simple, effective way to get your body into shape fast, providing fuel and nutrients for a transformed body and mind. Bailey (author of The Juice Diet) also provides a handy reference section at the back to help you quickly find recipes to lose weight, maximize energy levels, boost your immunity, combat aging and look amazing. There is even a 3-day power-charged Superfood Juice Diet Plan to set you on your way to looking fabulous as well as feeling great. From the Trade Paperback edition.

Et les renforts arrivent encore Bon Ã sera la derniÃre revue de troupes de la semaine. Donc on arrive Ã 300 figurines il en reste donc 420... mais Ã va Ã avance bien. Je m'amuserais surtout sur les petites piÃces. LÃ c'est du monobloc donc mÃme si la ligne de moulage est visible -donc il faut Ãbarber presque tout le tour de la figurine... oui oui.- Comme Ã chaque dÃbut de dÃfi, je suis dans les temps, limite mieux qu'espÃrer. Mais par expÃrience je sais que c'est le creux du dÃfi qui m'est fatal donc on verra quand j'aurais tout ÃbarbÃ :) PubliÃ par CdtK Ã 17:37 4 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÃs : Blabla lundi 1 aoÃt 2016 Revue des troupes Bon juste une petite photo pour montrer que je passe Ã l'infanterie. j'adore l'Ãbarbage. Oui certains diront que Ã fait parti du hobby mais c'est vraiment ce que je dÃteste le plus. Et puis lÃ c'est de l'industriel. PubliÃ par CdtK Ã 17:06 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÃs : Blabla vendredi 22 juillet 2016 Pour une poignÃe de trous en plus VoilÃ les plaquettes de 6cm ont ÃtÃ percÃ... 1200 trous... oui oui. 1200 trous dans du plexi -vous savez le truc qui se colle une fois sur deux sur la mÃche. Mais voilÃ pour les 6cm c'est fini et je verrais pour les 8cm de front plus tard -je dirais fin aoÃt-. Mais Ã quoi Ã correspond? Donc dire des trous c'est bien mais Ã renseigne pas beaucoup alors 1200 trous c'est : 594 soldats -de lÃger Ã lourd- 231 cavaliers et 24 canons avec 4 artilleurs. Oui monsieur. Bon alors je suis dÃÃsu de ne pas avoir plus de soldats Ã pied. C'est pas super grave, je doute que toutes les plaquettes soient un jour sur la mÃme table. Mais bon quand on voit que pour 30e -3 plaquettes- j'ai pu faire celle lÃ et autant en 8cm, Ã va. Il faut voir ce que cela m'aurait coutÃ dans le commerce. On y rajoute le prix des aimants -15e les 1000 fdpin- et j'ai quand mÃme un trÃs bon rapport qualitÃ-prix par rapport Ã ce que je recherchais. Il le reste Ã Ãbarber les trous pour y glisser l'aimant et Ã sera parfait je pourrais retourner Ã mes figurines. PubliÃ par CdtK Ã 09:52 2

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