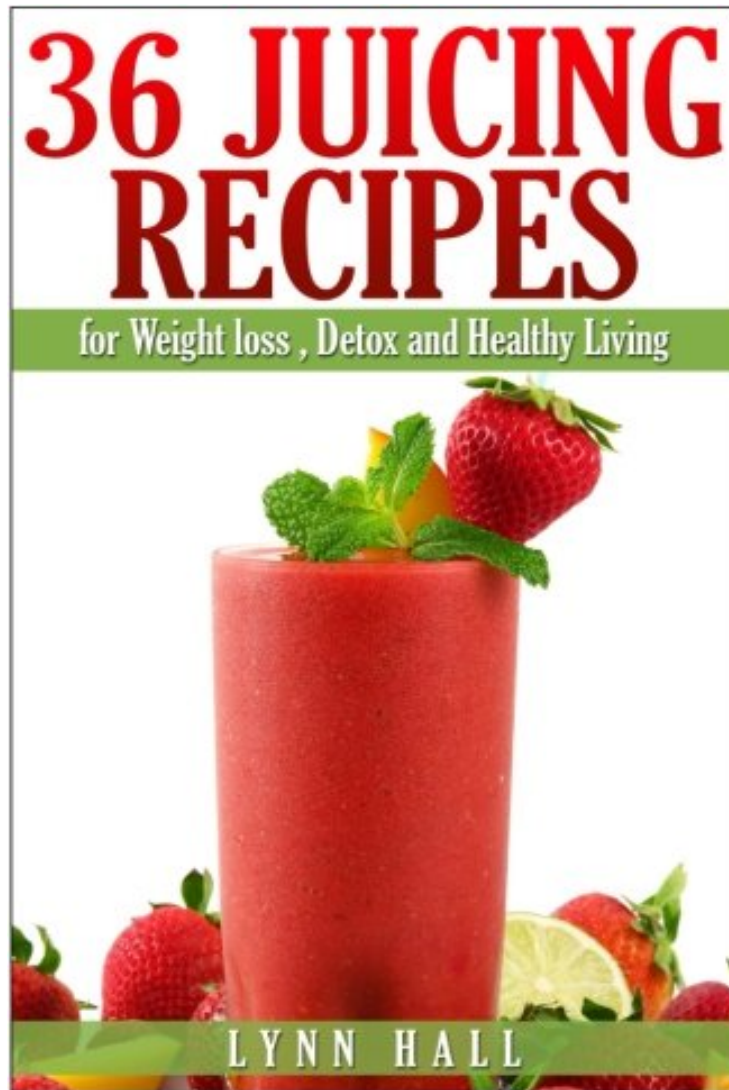


[Get free] 36 Juicing Recipes: for Weight loss, Detox and Healthy Living

## 36 Juicing Recipes: for Weight loss, Detox and Healthy Living

Lynn Hall

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**Lynn Hall : 36 Juicing Recipes: for Weight loss, Detox and Healthy Living** before purchasing it in order to gage whether or not it would be worth my time, and all praised 36 Juicing Recipes: for Weight loss, Detox and Healthy Living:

3 of 3 people found the following review helpful. Quick and easyBy NicoleThis is a great starter book for understanding and getting going in juicing. It quickly and easily goes over the benefits of juicing and some of the various ingredients that could be used and their purpose then it has tons of quick easy juice recipes. Most of the recipes

are less than 5 ingredients making them very simple. I like the section that adds various proteins to the drinks to boost their "power". I am mostly looking forward to trying the Banana Blueberry Protein Surprise as I am a big fan of whey protein and love the flavors that are in the recipe! Also, if you purchase the book, at the very beginning of the book there is a link to a free resource that teaches you the difference between juicing and blending and what benefits you see from them. I am so glad I got this book!!!

1 of 1 people found the following review helpful. Great Starter Guide  
By Steven M. Bohne  
The book is a little brief, but it gives you the information you need to get started using Smoothies for weight loss. I was wanting "a little more," such as nutritional information (important for diabetics) and a little more of a meal plan or nutritional guide. All in all, a good manual for introduction to Smoothies.

2 of 2 people found the following review helpful. Very practical recipes and tasty also!  
By Vlad Buculei  
I just love fruits and vegetables in general and when I found this book I decided to read it and try a couple of them every morning before I go for a run or in the afternoon when I am back from work. I must say I have more energy and feel that the delicious fruit combos have an effect not only on my body but my friends also ask me to prepare quick for them something surprising so I know where to look for help :)  
I recommend this ebook. good job

36 Juicing Recipes cookbook provides you with 36 delicious smoothie recipes to help you lose weight, detox and contribute to healthy living! The recipes in this cookbook are full of proteins, super foods and antioxidants from fresh fruits and vegetables. Juicing is a great way to get all the nutrients that your body needs to stay healthy and lose the weight that you have wanted. Since it is sometimes difficult to consume all of the fruits and vegetables that are needed in order to keep your body working at its optimal efficiency, juicing can often be a great alternative. Try smoothies for a meal replacement and watch the pounds disappear. With the 36 Juicing Recipe Cookbook start on your juicing adventure. Start today and reap the benefits with:

- recipes for fresh, delicious fruit and vegetable smoothies including many green smoothie
- learn about various additions that you can include in your smoothies for better taste and health benefits
- discover the superfoods that make smoothies extra special; like Akai Berry Juice and Tropical Medicine Juice
- load up on the veggie delight smoothies; like Carrot Combo and Green Goddess
- add extra protein to your smoothie; like Morning Mantra and Banana and Blueberry protein Surprise
- try the extra fruity recipes; like Berry Blast and Brazilian Shores

Give them all a try. Lose weight fast and effortlessly while detoxing your system and restoring a healthy balance.