

Best Green Drinks Ever: Boost Your Juice with Protein, Antioxidants and More (Best Ever)

Katrine Van Wyk

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#205680 in Books Van Wyk, Katrine/ Lipman, Frank, M.D. (FRW) 2014-01-06Original language:EnglishPDF # 1 9.00 x .60 x 6.10l, .92 #File Name: 1581572271200 pagesCountryman Press | File size: 51.Mb

Katrine Van Wyk : Best Green Drinks Ever: Boost Your Juice with Protein, Antioxidants and More (Best Ever) before purchasing it in order to gage whether or not it would be worth my time, and all praised Best Green Drinks Ever: Boost Your Juice with Protein, Antioxidants and More (Best Ever):

0 of 0 people found the following review helpful. Best Green Drinks BOOK Ever!By sward8I absolutely love this

book!! I saw it at an IFM Conference on a table with about a hundred other juicing books. I was looking for a simple book with juicing recipes and this one RESONATED with me when I opened it Not only are there fantastic, simple juice recipes (if you have a juicer), but I LOVE that there are recipes for green drinks you can make with a blender (not everyone has a juicer). Blended green drinks is a great place to start. I am a nutritionist and find myself recommending this book regularly. We even added it to our store at Sanoviv Medical Institute. Recipes are simple with ingredients you most likely have or are easy to get. Drinks are fantastic! I like the short information pieces that help readers understand the benefits of certain greens, herbs, and spices. I LOVE this book's simplicity.1 of 1 people found the following review helpful. I love both of these books but am only a beginnerBy NuancesoI love both of these books but am only a beginner. I've read them through, learned, prepared mentally, prepared supermarket, prepared little stashes of frozen cups of fruits and avocados, and berries and cucumbers, spinach, etc. It's so handy!! And then finally began with a few of the simple Green Drinks - also some yoghurt/fruit smoothies...and they're wonderful!! Easy and delicious!! Will get back to you on the Green EATS...14 of 15 people found the following review helpful. Thanks to this book, my New Year's resolution is working for like the first time everBy Bradley S. BatesI wanted to start the year off right, doing the healthy thing. But \$10 for a juice at the juice bar? What do I look like, a railroad heiress?Best Green Drinks Ever takes away the intimidation of making your own drinks - with loads and loads of healthy, creative options that really do taste great and are easy on the wallet. Plus, the recipes are super easy to follow.5 stars for getting me three weeks into the new year without falling off the bacon cheeseburger wagon.

Model-turned-nutritionist Katrine van Wyk shows you how to take your veggie smoothie to the next level, by enhancing its benefits with added protein, fiber, and superfoods like as acai and bee pollen?all to make sure your body's enjoying, truly , the best green drink ever. Why have green drinks gone from diet trend to diet staple, with Starbucks being the latest to jump on board? Simple: drinking green alkaline vegetables balances the body, clears the skin, and lifts the spirits. Katrine van Wyk shows readers how to enhance these benefits with added protein, fiber, and superfoods such as acai and bee pollen. By taking your smoothie to the next level, yoursquo;ll find yourself satisfied more quickly, which means eating less of what you donrsquo;t need. The results will shrink inches from your hips and add a smile to your lips! From the Cococabana to the Tropical Green to the Green Kiss, all these drinks sneak a bit of green into every sip.

About the AuthorKatrine van Wyk came to New York from Norway as a model. Her personal struggles with food allergies led her to attend the Institute for Integrative Nutrition. She is now a wellness expert for MindBodyGreen.com and a certified 200 RYT yoga teacher. Van Wyk helped develop smoothies and juices for Equinoxrsquo;s juice bars in London and Toronto. She lives in Brooklyn, New York.Dr. Frank Lipman is the founder and director of Eleven Eleven Wellness Center in New York City.