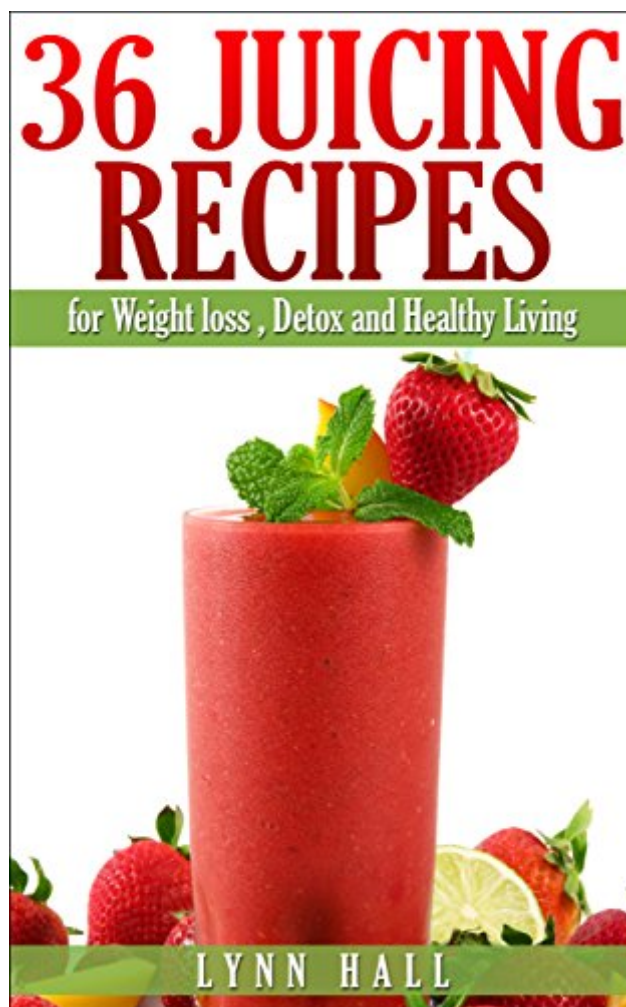


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# 36 Juicing Recipes: For Weight Loss, Detox And Healthy Living



## Synopsis

36 Juicing recipes that are easy for the beginner and lots of variety for the experienced juicer  
Delicious smoothie and juicing recipes to help you transform your life, assist with weight loss, detox and improve your health by boosting your metabolism. 36 Juicing Recipes will teach you the differences between juicing and smoothies and how you can start on a path to weight loss and better health. The juicing recipes in this cookbook are full of proteins, superfoods 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 this Juicing recipe book get started on your juicing adventure. Start today and reap the benefits with: recipes for fresh, delicious fruit and vegetable smoothies including many green smoothies 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 36 Juicing Recipes cookbook is the only juicing book you will need to start you on your juicing journey Grab Your Copy Today

## Book Information

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## Customer Reviews

This 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 different between juicing and blending and what benefits you see from them. I am so glad I got this book!!!

This book is a great guide in making delicious yet healthy smoothies! It also contains a lot of fun and unique ideas to add to my diet plan. The recipes I've tried so far taste delicious. I have always been fond of fruits and vegetables and thanks to this book, I get just the right amount of nutrition I need while shedding off pounds at the same time.

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.

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

I absolutely love smoothies and juice. I drink them for breakfast or between meals. This book has 36 recipes meaning you can have a different one every day for a whole month. I really like the

blackberry smoothie. My kid also tried it and announced that it was yummy. A great way to make your kid get some great nutrients! I'm looking forward to trying the other recipes.

So many delicious smoothie recipes in this book! This was a wonderful read and very helpful. No longer will I have to search for recipes online in the middle grocery store, I can just open up my new book and read the ingredients right there. This is fantastic!!!

Fast Fat Shredding Smoothies: 36 Delicious Smoothie Recipes For Effortless Weight Loss (Kindle Edition)\* Lynn Hall has crafted a well-balanced cookbook of the most sumptuous recipes I've encountered. She has provided recipes under various categories including Extra Fruity juices, Veggie Delight Juices, Juices with Extra Protein , Juices full of Super Foods as well as Green Smoothie Recipes and a category with Other Unique Juicing Ideas. All the ones I have tried so far are delicious. I would recommend this book to anyone who would like a book of amazing smoothie drinks.

I like that there are blender and juicer recipes and the fruit drinks are delicious that I have tried to far. I am looking forward to getting into the vegetable smoothies next.

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