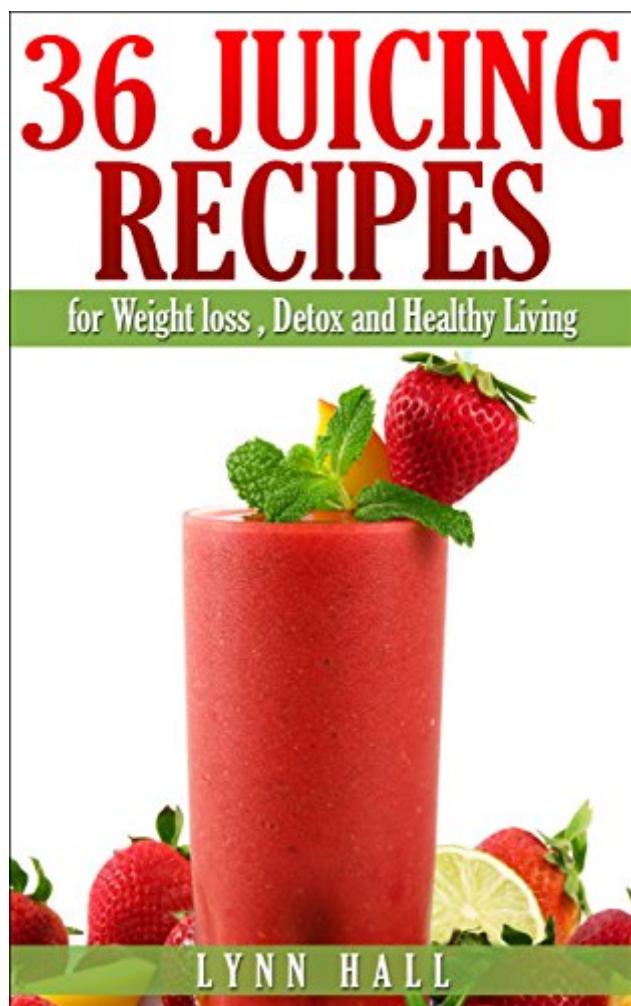


The book was found

# 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 Juiceload 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**

File Size: 3964 KB

Print Length: 91 pages

Simultaneous Device Usage: Unlimited

Publisher: Lynn Hall Books (April 8, 2014)

Publication Date: April 8, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00JKNS0GO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #583,218 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Party Planning #18 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Canadian #66 in Books > Cookbooks, Food & Wine > Regional & International > Canadian

## **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 so far. I am looking forward to getting into the vegetable smoothies next.

[Download to continue reading...](#)

Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners)

JUICING: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing) Red

Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260)

Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss,

Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose

Weight, ... Loss Smoothies, Weight Loss Motivation,) Juice Fasting: The 3 Day Juicing Fast for a Healthy Detox Diet, Metabolism Boost, and Quick Weight Loss (Juicing Recipes) Detox The Body:

How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Weight Loss: 30 Days

Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Sugar Detox:

How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) Juicing Recipes: 50 Tasty Juice Recipes for Detox, Weight Loss and Vitality (Holistic Health for Life: natural healing, pain reduction, weight loss, and recipe books) 36 Juicing Recipes: for Weight loss, Detox and Healthy Living A Beginner's Guide To Juicing - 50 Recipes To Detox, Lose Weight, Feel Young and Age Gracefully (The Juicing Solution Book 1) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Juicer Recipes: A Complete Juicing Guide on Juicing and the Juicing Diet Blend Your Way to Wellness: Nutribullet Recipe Book for Weight Loss, Detox Cleanse, Anti-Aging, Skin Care, Superfoods, Healing and Exercise (Nutribullet ... Juicing, Weight Loss, Cookbook, Smoothies) DETOX SECRET & WEIGHT LOSS SMOOTHIES: Detox Secret & Weight Loss Smoothie Recipes for Everyone Who Want to Be Slim Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss)

[Dmca](#)