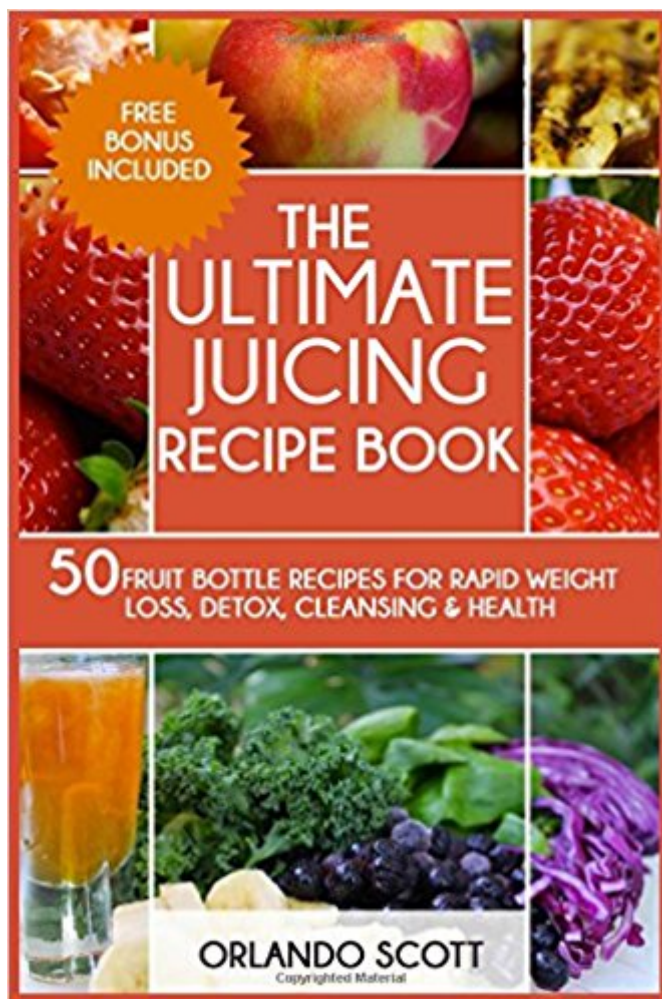


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The Ultimate Juicing Recipe Book (Weight Loss Recipes) (Volume 1)



Synopsis

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Looking For Delicious & Healthy Juicing Recipes For Rapid Weight Loss ? Then Download This High Quality Book Now For Free On Kindle For a Limited Time Only ! This book contains proven steps and strategies on how to use a variety of fruits and vegetables to make fantastic, tasty, and healthy juices. If you are new to the world of juicing, this book is definitely for you. If you are a veteran to juicing, then this book is definitely for you too. There is still so much you can learn from the juice recipes in this book, so be prepared to discover variations to your favorite juice recipes. There are so many benefits to juicing. It is an awesome, fun, and easy way to incorporate more fruits and vegetables into your diet. The juice recipes in this book will help you to maximize on your intake of vitamins, minerals, fiber, and other nutrients that are absolutely essential for a healthy mind and body. There is no reason to bother over preparing intricate dishes to achieve your health and nutrition needs. You will quickly discover that these fresh juices contain what you need in a deliciously satisfying form. This book contains chapters on juice recipes for weight loss, detox, cleanse, and general wellness. The juice recipes in the weight loss chapter are specifically tailored for those people who want to lose weight yet continue to enjoy delicious meals that are low in calories and high in energy. The chapter on detox juice recipes has been written with detoxifying of the waste-eliminating organs in mind. The ingredients have been combined in a way that promotes elimination of waste from your body with every satiating sip. When it comes to cleansing juices, this book offers a variety of recipes that will cleanse your blood and skin, leaving you with a healthy and youthful look. Finally, the chapter on health and wellness will help you to enjoy all kinds of refreshing fruits and vegetables to keep various diseases at bay, and provide you with all the energy you need. The ingredients are easy to find and preparation is simple. You will also find weight measurements provided in brackets beside each ingredient, just to make your life a bit easier. In case you desire to change a recipe to add some extra spice or zing, we have provided tips on how to do just that. There are also juicing tips provided for some recipes – some extra information that you may need to be aware of. Every recipe is accompanied by the specific benefits it offers to your body, according to the ingredients used, as well as calorie content for each recipe. There is something for everyone in this book, regardless of your health goals. If you've ever wanted a comprehensive juicing recipe book, then look no further than the pages of this book. Go ahead and sample what is on offer, and then go crazy and use the variation tips to make your own unique recipes. This Book Teaches you

1. The Basic Facts Of Juicing How To Prepare Juicing Recipes For Weight Loss

How To Prepare Juicing Recipes For Detox How To Prepare Juicing Recipes For Cleansing How To Prepare Juicing Recipes For Health & Wellness Are You Ready To Begin Your Fruit Infused Water Adventure? Click The Buy Now With 1-Click Button Now And Enjoy This Book For Free For A Limited Time Only

Book Information

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Customer Reviews

Great recipes. Especially if you are tired of water and don't want soda or juice

Easy read, great recipes

GREAT

There was nothing impressive about this book. Very basic.

Wasn't very helpful and didn't have a wide variety

haven't had much time to make the recipes but what I have are tasty.

Great Sale and fast Shipper
John 3:16-17 (KJV) For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God

sent not his Son into the world to condemn the world; but that the world through him might be saved. Pray to be forgiven of your sins today.

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