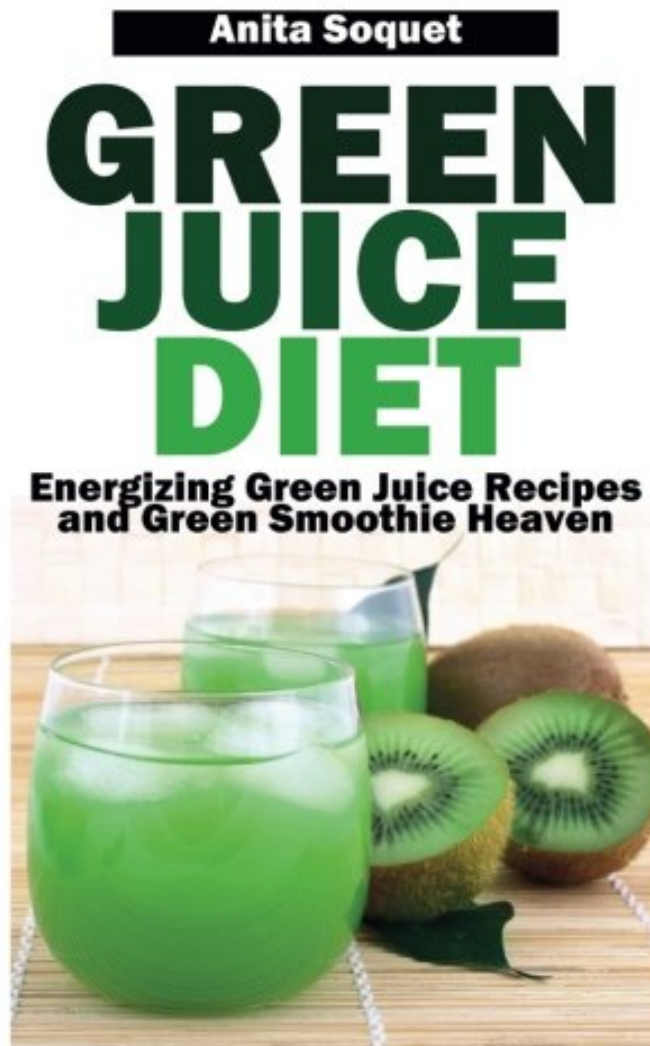


Green Juice Diet: Energizing Green Juice Recipes and Green Smoothie Heaven

Anita Soquet

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good juice recipes that will help me detox and loose some weight. I haven't tried everything in this book but it definitely does give some good recipes from what I have tried so far. Anyone wanting to get on a juice diet should buy this book for guidance on how and what to juice. Disclaimer: I received this product at a discounted price to provide my honest and unbiased feedback after testing the product thoroughly. I am not affiliated with the seller or any company. I am simply here in helping to identify the pros and cons for other customers who are like me and interested in similar items. Please don't hesitate to ask any questions you may have or if you would like pictures. I would be happy to get back to you as soon as I can. If you think my review is helpful please help me by clicking on helpful tab if you don't mind, if not please let me know. 1 of 1 people found the following review helpful. excellent book. By Bill Bexcellent book....trying to lose a few lbs and get healthier...This book help provide a lifestyle way of eating that allows you to eat comfortable, weigh less, and become the fittest you can be. Eating clean inspires a lifestyle approach on exercising and a diet plan of natural whole foods like vegetables, lean meats, and no preservatives, sugars, and trans fat. Processed foods have damage our health in many ways like sugar. It has lots of chicken recipes that I am please with. For a few weeks now I have been trying to start eating healthy but it was not successful. I tried all types of online recipe but the food did not turn out great so I decided to purchase this book with good review to try it out and I truly love it. The recipes are easy, simple and delicious. It gives an explanation of the clean food option, which makes it easier to help people that want to know the answer to. Mainly website that provide diet food are recipes for vegan but this book include both vegan and meat which I love. Another great thing about this book is that its an online version so I can carry this around when I cook and can go grocery shopping for the stuff I need by looking through my phone. Overall I would recommend to all my friends and family. You can eat clean with all types of meat recipe they provide. Trimming and cutting out the fat is the best ideas to improve and lose weight faster. I have proven that with the diet this book provide. Whole grains I believe are essential, but I would be nice to have a little more detail into what they would consider whole. They believe that taking away bran from the oats or wheat or any grain would still be considered whole grain but I do not think so. The grain is made up of bran, endosperm and germ. Manufacturers separate these now and because of that, it has been leaving buyer confused about what is whole grain-----Disclaimer: I received this product at a discount in exchange for my honest and unbiased review. 1 of 1 people found the following review helpful. This is great for beginning juicer By L Velazquez K Riggs This is a very good reference book as far as recipes are concerned. The one thing I noticed that it was lacking was a personalization to it. There is no actual story line or explanation as to why a particular juice recipe is better over another. If you are not familiar with juicing and the benefits of different fruits and vegetables reacting with others you may look at this book can be lost. Thankfully I have been juicing for quite some time so it is nothing new to me. There are some good recipes in here however I am missing the sugar and carb intake guide. It would be nice if that would be included. Especially since many people juice for weight loss or for health benefits. Take for instance myself, I am a diabetic so drinking a green juice diet regimen is great for my sugar level. However if it is not listed how much the sugar level or the card level is in the juice it becomes an investigative process for me to figure that out. I do like the fact that there is a five day juicing menu in the book to get the beginner familiar with what is expected on a juicing lifestyle. What I want everyone to understand is that fruits and vegetables were meant to be consumed in their natural state. Many people ask me why I juice instead of just eating the fruits and vegetables. There is no way that I would be able to eat the amount of fruits and vegetables that are required to keep my sugar at a reasonable balance. And when there are health concerns involved you want those vitamins and minerals to get into your body as quickly as possible and liquid form takes care of that. I was given this juice diet book for free on my Kindle in order to read it and examine some of the recipes and give them a try. I give it a solid four-star. I did find that a lot of the recipes are redundant. I already use a majority of them. I was actually looking for something new. There were a few suggestions in here. But not many.

Green Juice Diet Energizing Green Juice Recipes and Green Smoothie Heaven If you've decided to try the green juice diet to detox and lose some weight, the green juice fast cookbook, "Title: Green Juice Diet - Green Juice Recipes to Make Your Green Juicing Diet a Success," offers a great guide to get you started. Since it can be difficult to find a large selection of green juice recipes for detox, this how-to guide and cookbook offers all the recipes you need to be successful with your juice cleanse diet. No matter what flavors you enjoy, you're sure to find a green juice cleanse recipe that tastes wonderful while cleansing your body and boosting your immune system with essential vitamins and minerals. Not only is this juice diet book packed with excellent green juice diet recipes, but you'll also find plenty of helpful information on the juice diet, how it works and more. A whole chapter is dedicated to offering you great tips that can help you follow the all juice diet and you'll even find tips that will help you make better juices. If you're not sure that the green juice diet is what you're looking for, this guide provides a look at some of the biggest benefits individuals enjoy when following green juice diets. Wondering what you'll get with the book, "Title: Green Juice Diet - Green Juice Recipes to Make Your Green Juicing Diet a Success?" In this book on the green juice diet, you'll discover the following: - Top benefits of the juice cleanse diet fully explained - Essential tips to help you prepare for and then follow a juice diet - Lists of foods that you can use in your green juice recipes - Many delicious green juice

recipes for detox that include all the vitamins and minerals your body needs - An easy to follow 7-day meal plan - And so much more To be successful with the green juice diet, it's important to be armed with all the information you can get. This guide offers all the information needed to ensure your all juice diet is successful.