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HCG on the Run: Quick, Healthy, and Tasty HCG Smoothies and Juices That Satisfy Hunger and Your Taste Buds

Raymond Carson

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Are you Losing Weight on the HCG Diet? If you are like me, you have several cookbooks devoted to HCG, but you don't have one that is for smoothies and juices. Many people want to jumpstart their diet by detoxing. Try the Mean Green Detox Smoothie or the Red Berry Detox. Try The Jillian Hack if you a fan of Jillian's. Each one of the 25 recipes can easily be made in your blender or food processor.