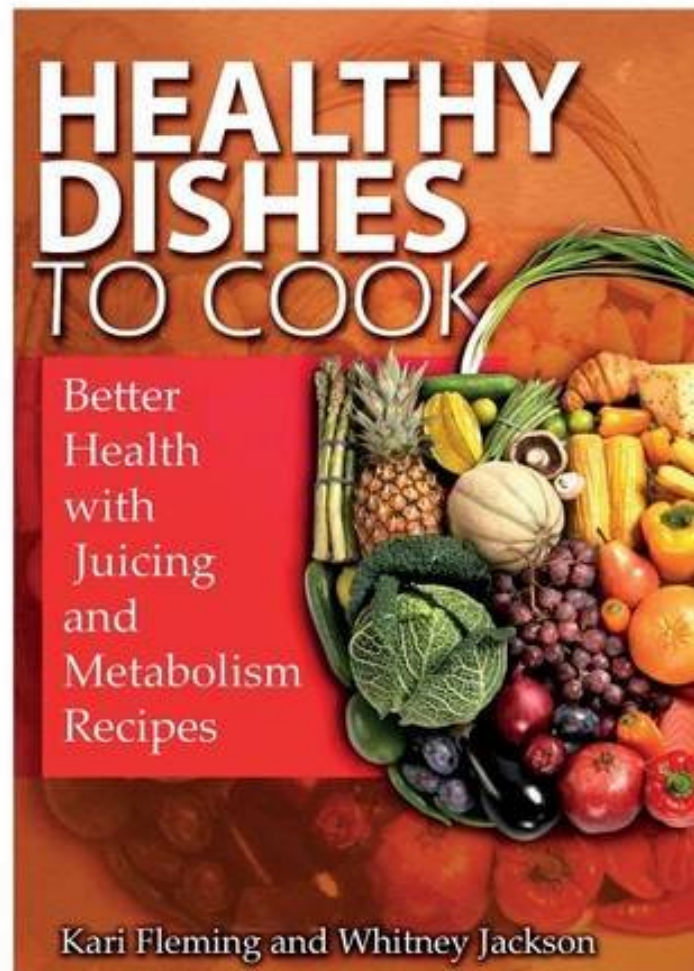


Healthy Dishes to Cook: Better Health with Juicing and Metabolism Recipes

Kari Fleming

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incorporate in the other. - DecentBy CrazylabratHealthy Dishes to Cook: Better Health with Juicing and Metabolism Recipes Kindle Edition by Kari Fleming (Author), Jackson Whitney ok this is the 9th book I've picked up that has 2 completely different plans in it, but the 4th time I've seen this Green Smoothie part and the 2nd I've seen the Metabolism part. I wanted this book for the smoothies, but it is the same exact version as seen in the clean eating book I just read. How annoying! Now I have the same smoothie cook book times 4! They must recycle and repair all these different cook books together. "They're" being whomever published this one, and the other 3 I have as well. My first impression of this 2 part book, as with all these kindle edition books, is there is absolutely no pictures (I'm a very visual person), and there is no nutritional values added with any of the recipes. Why the heck not? Very bothersome. Yet this book, unlike so many other kindle edition 2 parters I've gotten, has a connection between part 1 and part 2 of the book. Many other I've purchased you can't use recipes from part 1 in part 2, and vice versa. Heresquo;s the skinny, if you can get this book for free, have at it. If you have to pay for it, don't bother, cuz you probably already have it.

0 of 0 people found the following review helpful. EXTENSIVE BOOK ON THE JUICING AND METABOLISM DIETS!By Kindle CustomerBefore I proceed, I have to tell you I received this book for free to read and review. The book covers in-depth the Juicing Diet and the Metabolism Diet. Juicing Diet -- This book tells you all you need to know about this diet! The book addresses all five of the most common myths associated with Juicing. The book goes on and explains the six benefits you will get also. The author gives you many helpful tips to make your dieting successful, the steps you need to take to prepare to use this diet, and the list of ingredients and add-ins. Next, comes the recipes!! There are thirty-five excellent recipes for Juicing. The recipes are both basic and imaginative. There are recipes in this book for everyone. Finally, the author gives you a seven day menu plan to get you started. Metabolism Diet -- The author gives you a comprehensive breakdown of the reasons you should use this diet; as well as, the health issues this diet addresses. The book provides a list of the allowable food and those that are not allowed. Further, the author comprehensively explains how this diet helps with weight loss, energy and your metabolism. Any questions you might have regarding this diet, are covered in the narrative. You are given a five day menu plan to start you on the right path to success. This diet definitely raises your energy level!! You will not lack for delicious and healthy recipes as there are forty-nine broken down by meal categories. For me, who has collected over ten thousand recipes from ALL diets, to find new and delicious recipes is amazing!!! This book more than delivers! I highly recommend this book to anyone researching different dieting options. If not, it's worth getting for the recipes alone! DON'T MISS OUT!! GET IT SOON!!

0 of 0 people found the following review helpful. great ingredients to use in your green juicesBy TendoGreen juice diet explained: what is the green juice diet, common green juice diet myths, benefits of the green juice diet, helpful tips for dieting success, tips to use while on the diet, great ingredients to use in your green juices. Recipes include: pear apple papaya green juice, spinach and kale green juice, simple green and garlic juice, carrot cucumber green juice, energizing green juice, sweet mint infused green juice, fill me up green juice, romaine lime green juice, vitamin rich green juice, beet and cilantro green juice, broccoli wheatgrass green juice, easy cucumber salad green juice, easy cucumber salad green juice, celery cucumber spinach green juice, cabbage broccoli green juice, watermelon and cabbage green juice with honey, easy apple wheatgrass green juice, spinach and orange green juice, antioxidant citrus and spinach green juice, tropical sweet kale green juice, carrot and kale green juice, italian style green juice, bell pepper beet and kale green juice, delicious watercress green bean and spinach green juice, tangerine broccoli green juice with ginger, strawberry and tangerine green juice, pineapple orange green juice, sweet cucumber apple green juice, mint pineapple kale green juice, body restoring green juice with coconut water, watermelon ginger cooling green juice, celery watercress green juice, cleansing swiss chard and collard leaf green juice, dandelion green and basil green juice. Your 7 day green juicing diet meal plan. Metabolism diet explained: sample 5 day menu plan, metabolism diet recipes include: mushroom frittata with asparagus, pesto eggs, spinach quiche, pancake crepes, scramble, breakfast casserole, bread recipes, italian spinach bread, peanut butter bread, quick soy skillet bread, grain free bread, cheese zucchini bread, buffalo wings, salsa, artichoke spinach dip, cilantro dipping sauce, cheese ball, homemade ranch dressing, baked stuffed mushrooms, guacamole, cucumber salad, sugar free cherry cookies, egg drop soup, fried tahini cauliflower, collard greens with turkey, zucchini fries, seasoned brussels sprouts, seasoned quinoa, cheesy spinach casserole, parmesan tilapia, grilled shrimp, roasted turkey, roasted chicken, home style rotisserie chicken, baked shrimp scampi, spicy marinated grilled shrimp, marinated grilled turkey breast, italian meatballs, herbed steaks, italian cod, seafood stew, egg salad, slow cooked italian beef, garlic parmesan chicken, meatloaf

The Healthy Dishes to Cook: Better Health with Juicing and Metabolism Recipes features the juicing and metabolism booster diet plans. If you plan to eat nutritious, you need to serve health dishes created from healthy recipes in this book. The juicing diet gives more recipes for healthy dishes to make for breakfast, lunch, supper, and snacks. Juicing benefits are far reaching as people do juicing for health and it offers a great addition to the metabolism boosting diet. The Healthy Dishes to Cook features these sections: Green Juice Diet, What is the Green Juice Diet, Common Green Juice Diet Myths, Benefits of the Green Juice Diet, Helpful Tips for Dieting Success, Delicious and Nutritious Green Juice Recipes, Your 7 day Green Juicing diet Meal Plan, Metabolism Diet, Metabolism Diet Allowable Foods,

Metabolism Diet Avoided Foods List, How the Metabolism Diet Helps with Weight Loss, Other Foods Found to Boost metabolism, The Best Beverage for Boosting Metabolism, Advice to Help Facilitate Weight Loss While On the Metabolism Diet, Sample 5 Day Menu Plan, Metabolism Diet Recipes, Breakfast Recipes, Bread Recipes, Snacks, Desserts and Appetizer Recipes, Side Dish Recipes, and Main Dish Recipes. A sampling of the included recipes are: Spicy Marinated Grilled Shrimp, Home Style Rotisserie Chicken, Marinated Grilled Turkey Breast, Homemade Ranch Dressing, Broccoli and Cheese Casserole, Mushroom Frittata with Asparagus, Cleansing Swiss Chard and Collard Leaf Green Juice, Delicious Watercress Green Bean and Spinach Green Juice, and Watermelon and Cabbage Green Juice Recipe with Honey.