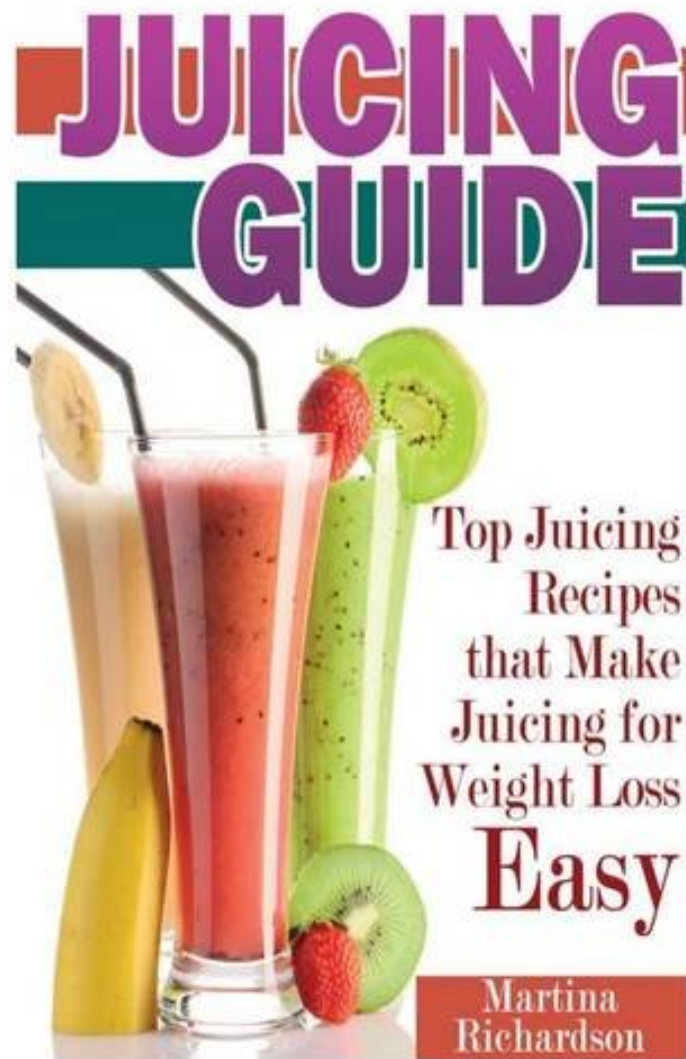


(Mobile book) Juicing Guide: Top Juicing Recipes that Make Juicing for Weight Loss Easy

Juicing Guide: Top Juicing Recipes that Make Juicing for Weight Loss Easy

Martina Richardson

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Martina Richardson : Juicing Guide: Top Juicing Recipes that Make Juicing for Weight Loss Easy before purchasing it in order to gage whether or not it would be worth my time, and all praised Juicing Guide: Top Juicing Recipes that Make Juicing for Weight Loss Easy:

0 of 0 people found the following review helpful. Covers Benefits and Information about JuicingBy

Small~Town~Girl I am continually on the lookout for a juicing book that covers the actual properties of the different kinds of greens, fruits and vegetables, and nutritional additives. This book is a tiny step closer. It does that with four ingredients (cranberries, coconut, fresh ginger, and limes/lemons). When I saw these, I was so excited, thinking that there would be many covered, but it was only these four. If anybody knows of a book that covers specific greens/ingredients, please comment, as I would love this. In the meantime, I'll gather my information elsewhere, as needed. This book does explain what juicing is, the benefits of juicing (such as more energy, detoxifying, better skin and hair, immunity-boosting, cancer preventative, slowing aging). This is the part of the book I read through to brush up and remember all the benefits. There is a section of recipes and a section with a 7-day weight loss menu, which was not of interest to me, specifically. We have been enjoying morning smoothies an average of six days a week for the last four or so years. We have absolutely felt the benefits. There is more "to our step and we feel much better. We don't actually use the recipes, but just throw in what we have fresh (half fruit/half veggies) and supplement, when necessary, with frozen and add a bit of green tea and, sometimes, other additives (flax, chia, greens powder, etc.) for a boost. Overall, this is a good beginner's juicing book to help you know the benefits and such and, if you are unsure, sometimes starting with a recipe can be helpful. While this was not exactly what I was looking for (you can't tell from the preview), it could be exactly perfect for somebody else, who is looking for the points covered.

0 of 0 people found the following review helpful. A Great Recipe Book for juicing!! CHECK IT OUT!!! Love :)! By Toni W. I am so grateful to have this book in my collection. What sets this book apart is that there are specifications regarding sizes of produce and exactly how much of an item to use. The author goes a step further by explaining the reason specific veggies/fruits are used and how long your juice will last, serving size etc. It is a rather quick read and you can find recipes easily. One additional note is that most of the produce is stuff you can find in most grocery stores (kiwi, cabbage, beets, spinach etc.). I tend to buy organic and not one recipe required me to go to whole food for an odd item..... I found the organics at BJ's wholesale, the local market, and Walmart?. Hope this helps!! I am using an Omega Juicer and it worked well with these recipes. I received this item at a discounted rate or free in exchange for an honest review. This book was easy to follow. Check it out :)! 0 of 0 people found the following review helpful. Very educational and tasty. By tweety16422 This book talks about the truth of juicing and weight loss. Also what juicing is. Like how extracting juices from veggies of fruit plant tissues can be done in several ways. Some can be done by hand but best to be done with a good juicer to get the most juice. Most of the time no need to peel produce before us g juicer which i think is great and less time to make. Learn the ten benefits of juicing like consuming large amounts of fruit and veggies efficiently to preventing cancer and more. Read this book and learn the none helpful tips for using juicing for weight loss. You will also get juicing recipes for any meal. Recipes from apple and carrot juice to lime spinach and also orange mango. There are so many different ways to make juices. One of the ones i am going to make is V-8 flavored juice. I cant wait to try yheir 7 day Juicing Diet Meal Plan soon. I received this book to read for free and to give my honest review

Juicing Guide Top Juicing Recipes that Make Juicing for Weight Loss Easy If you are ready to try juicing for the first time, this juicing guide is perfect for you. The "Juicing Guide - Top Juicing Recipes that Make Juicing for Weight Loss Easy" is a book that is packed with helpful information on juicing and it also includes many excellent juicing recipes that make it easy for anyone to begin juicing for weight loss. Whether you want to go on a total juice diet for a few days or you simply want to begin juicing once a day, you will find this guide invaluable. This juicing beginners guide provides juices that work well for any meal, with many different flavor combinations to make it easy to find a juice that you really enjoy. Not only will you learn about juicing, but you will get a closer look at some of the main benefits you can enjoy once you begin juicing. Juicing for health has become very popular, since there are so many health benefits that you will experience as you start making your own juicer recipes. What will you get when you purchase the book, "Juicing Guide - Top Juicing Recipes that Make Juicing for Weight Loss Easy?" Here are some of the things that you will discover in this healthy juicing guide: - More information on juicing and how it works - A full explanation of the main benefits of juicing regularly - Top tips to use for the best juicing results - Many wonderful, tasty juicing recipes that provide you with a great dose of vitamins and minerals - A helpful meal plan that you can follow when you begin the diet - And even more Being armed with essential information is important if you want to be successful with the juicing diet for weight loss. With this book to guide you, you will be provided with all the information needed to successfully begin and follow this diet, ensuring you reap all the benefits juicing has to offer you.