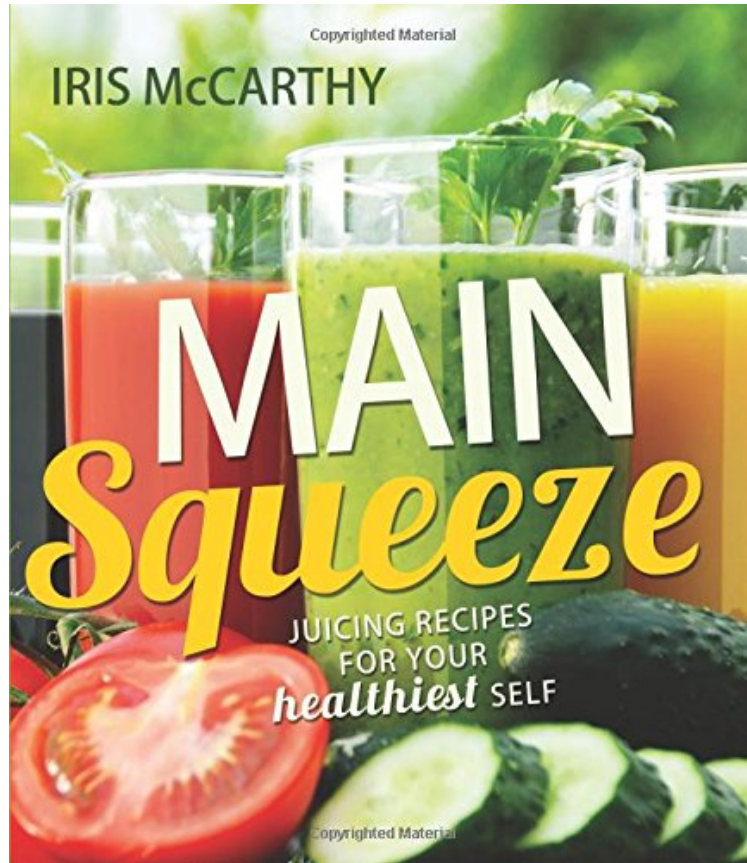


Main Squeeze: Juicing Recipes for Your Healthiest Self

Iris McCarthy

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Iris McCarthy : Main Squeeze: Juicing Recipes for Your Healthiest Self before purchasing it in order to gage whether or not it would be worth my time, and all praised Main Squeeze: Juicing Recipes for Your Healthiest Self:

1 of 1 people found the following review helpful. The Best Restaurants, Markets Local Culinary Offerings (Food Lovers' ...By Gary RozierIris McCarthy, author of "The Food Lovers' Guide To Philadelphia: The Best Restaurants, Markets Local Culinary Offerings (Food Lovers' Series)," has added another feather to her foodie cap with her latest work. While "Main Squeeze: Juicing Recipes For Your Healthiest Self" is not a panacea for what ails you, what it does serve as is a guide to healthier living through juicing. You don't have to be a medical professional to understand the benefits this book has to offer. For example, a simple breakdown of the Dirty Dozen and the Clean Fifteen informs the reader of the cleanest produce (i.e., produce with the lowest trace of pesticides) along with the fruits and veggies freight with the same.A fundamental list of superfoods and their benefits add value to this book because it removes the dense language that often accompanies such trendy subjects in the field of health and wellness. The recipes are simple and the photography is simply breathtaking. In short, Iris McCarthy has done it again. Enjoy the fruits of her passion and labor of love (no pun intended).

Say goodbye to unhealthy sodas and energy drinks and hello to delicious, healthy juices you can make in your own home! Perfect for anyone looking to boost their energy level- and maybe shed a few pounds at the same time-these simple and satisfying recipes will tantalize your taste buds and keep you going strong! All you have to do is drink up!