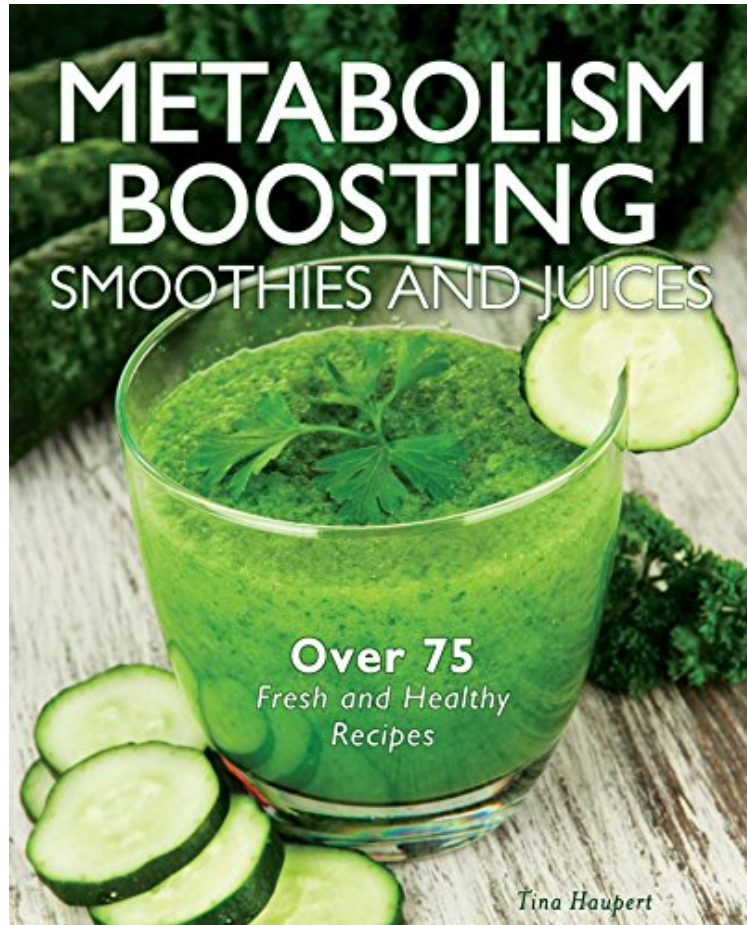


Metabolism-Boosting Smoothies and Juices

Tina Hauptert

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Tina Hauptert : Metabolism-Boosting Smoothies and Juices before purchasing it in order to gauge whether or not it would be worth my time, and all praised Metabolism-Boosting Smoothies and Juices:

Rev up your metabolism at the start of each day with over 100 delicious fat-fighting juice recipes featuring healthy fruits, veggies and proteins! With this new collection of over 100 delectable and stunningly photographed juice recipes, anyone can boost their metabolism and burn more calories throughout the day as a result! Incorporating any of these easy-to-make high-fiber, protein-rich juice recipes into your current daily diet forces your body to work harder when burning calories. For an even bigger boost, replace three big meals with six mini-meals by reducing portion sizes and adding in multiple juices each day. Paired with regular exercise, yoursquo;ll kick your metabolism into shape!

About the Author Tina Hauptert is the author of The Part-Time Vegetarian (PTV) Smoothies and Juices and Carrots

Carrots 'N' Cupcake: Healthy Living One Carrot and Cupcake at a Time. Tina is the voice behind the blog Carrots 'N' Cupcake, and she's a weekly contributor to Health.com as well as an ambassador for various brands, including The Laughing Cow and Reebok. Tina's work has been published or quoted in numerous publications, including The Boston Globe, Boston Magazine, Health, Woman's Day, Shape, Fitness, Glamour, People, Redbook, and InStyle. Tina lives in Weymouth, Massachusetts.