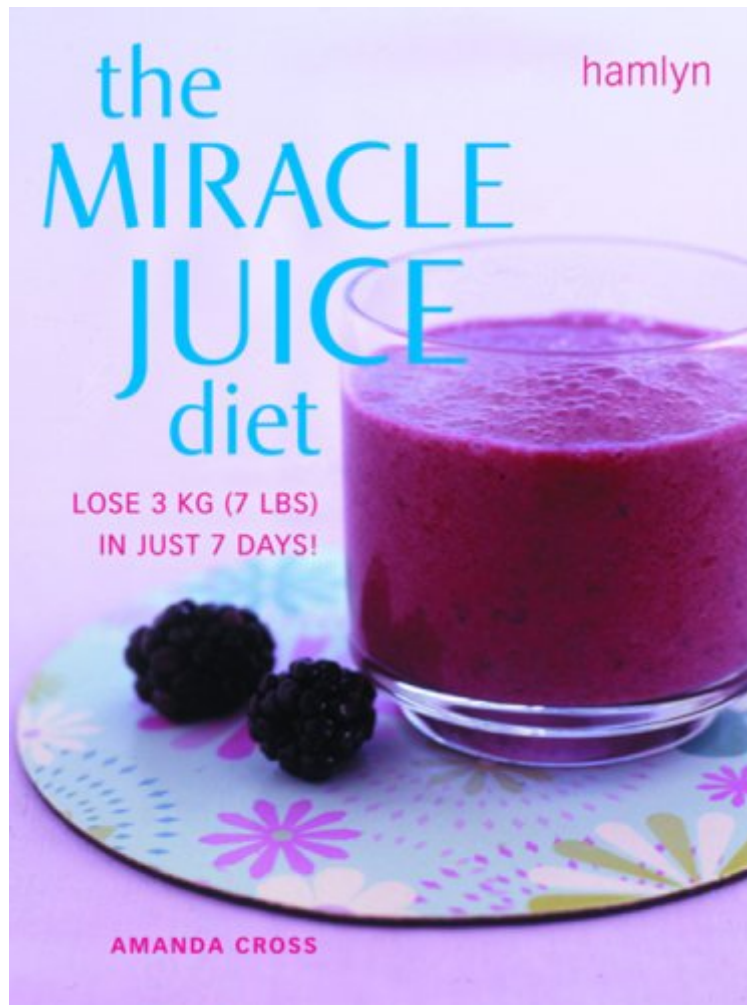


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Miracle Juice Diet: Lose 3kg (7lbs) in Just 7 Days!

Amanda Cross

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Amanda Cross : Miracle Juice Diet: Lose 3kg (7lbs) in Just 7 Days! before purchasing it in order to gage whether or not it would be worth my time, and all praised Miracle Juice Diet: Lose 3kg (7lbs) in Just 7 Days!:

0 of 0 people found the following review helpful. great book simpleBy LisaThis book really helps you maintain the diet by going you step by step menu and information on what to juice and when.0 of 0 people found the following review helpful. reviewBy Melissa Woodthe book came quickly,i was hoping for a little more content, than what was available. Over all it is ok and has some good recipes1 of 1 people found the following review helpful. JuicyBy GeniuSpeakerPretty easy to read. the only wish I had is that if it had the grocery list for the 7 days on one page. That way I could go make one easy trip and be done. Instead I have to switch back and forth between pages!

Juice it...and lose it! Amanda Cross, whose Miracle Juices (co-written with Charmaine Yabsley) sold more than

170,000 copies worldwide, is back with a juice diet that's positively life-changing. Whether the goal is to fit into a special outfit, look beach-ready, or kickstart long-term weight-loss, this incredible fast-track plan will do the trick. It contains 42 simple recipes for delicious, be-good-to-yourself juices that will cleanse your system, rid your body of toxins, and take off seven pounds in just seven days. Start the morning with a Lemon and Ginger Infusion, go on to Flat Belly Berry, and wind down with herbal tea. You'll also get motivational tips, ideas for daily treats, and gentle exercise routines to help things along.

About the Author Amanda Cross has had a varied career as a TV presenter, health and beauty journalist and author. She is the author of *Curb the Carb*, *Quick and Easy Low Carb*, *Miracle Soups* and *Miracle Juices*, all published by Hamlyn. Location: Hampshire, UK.