



Juicing Recipes: 100+ Delicious and Nutritious Green Juicing Recipes That Trim and Slim

By Elizabeth Swann, A K Kennedy

Fast Lane Publishing, United States, 2013. Paperback. Book Condition: New. 250 x 174 mm. Language: English . Brand New Book ***** Print on Demand *****.Take Your Journey to Amazing Health to New Heights with this Fantastic Collection of 100 Green Juice Recipes That Trim and Slim! Are you ready to incorporate more healthy vegetables and fruits into your diet, but not quite prepared to chew your way through endless plates of fiber-filled produce? Discover how getting the best nutrition possible can be delicious, simple, and incredibly quick, all with the help of a basic juicer and this fresh batch of 100 mouthwatering, nutrition infused recipes. Start Reaping Healthy Rewards from the Start! In each section of this easy-to-follow book, you ll find specific recipes broken into ten different categories addressing many daily challenges most of us face on a consistent basis. Dealing with mental fog or feelings of fatigue? Liz Swann has you covered. No matter who you are or what challenges you re facing, you ll find easy solutions within these information-packed pages. Here Are Just A Few Of The Amazing Benefits You ll Recieve From Drinking The Juices Inside. -- Safe and natural weight loss, no gimmicks required....

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