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Juicer Recipes: A Complete Juicing Guide On Juicing And The Juicing Diet



Synopsis

Juicer Recipes A Complete Juicing Guide on Juicing and the Juicing Diet Juicer Recipes is a juicer recipe book and also a good juicer recipe guide in one. You will find many great juicer recipes from healthy smoothie recipes to healthy juicing recipes, enough not to repeat a recipe for several weeks. Healthy juice recipes help to clear up many health concerns especially those that stem from needing a good body cleanse. You will find many healthy juicing recipes for weight loss. Weight loss is a major issue but it is not the only reason people juice. You will have the best juicing recipes for health. When you drink from the best juice recipes for health, you know you are giving your body the best. The first section covers the Juicing Guide with these chapters: What is the Juicing, Benefits of Juicing, Helpful Tips to Simplify Juicing for Weight Loss, Delicious Juicing Recipes for Any Meal, and Your 7 Day Juicing Diet Meal Plan from the recipes within this first half. The second section of the Juicer Recipes covers the Juicing Diet with these chapters: What Are Juicing Diets, The Benefits of Juicing, Getting the Nutrition You Need, Your Caloric Intake, Should You Try a Juice Diet, Modifying Juice Diets for Special Needs, Adding Juice to a Normal Diet, Choosing a Juicer, Traveling with Juice, Fruit Only Juices, Green Juices, Fruit and Vegetable Combinations, Savory Juices, Sample Juice Diet Meal Plans, A Three day Juice Diet, The 10 Day Juice Diet, Breaking Your Juice Fast, and Juice Dieting for Longer Periods. Enjoy recipes such as Homemade V-8 and Green Lemonade.

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Customer Reviews

This book help provide a lifestyle way of eating that allows you to eat comfortable, weigh less, and become the fittest you can be. Eating clean inspires a lifestyle approach on exercising and a diet plan of natural whole foods like vegetables, lean meats, and no preservatives, sugars, and trans fat. Processed foods have damage our health in many ways like sugar. Written in a motivating, and easy-to-understand style which nice quality picture. For a few weeks now I have been trying to start eating healthy but it was not successful. I tried all types of online recipe but the food did not turn out great so I decided to purchase this book with good review to try it out and I truly love it. The recipes are easy, simple and delicious. It gives an explanation of the clean food option, which makes it easier to help people that want to know the answer to. Mainly website that provide diet food are recipes for vegan but this book include both vegan and meat which I love. Another great thing about this book is that its an online version so I can carry this around when I cook and can go grocery shopping for the stuff I need by looking through my phone. Overall I would recommend to all my friends and family. You can eat clean with all types of meat recipe they provide. Trimming and cutting out the fat is the best ideas to improve and lose weight faster. I have proven that with the diet this book provide. Whole grains I believe are essential, but I would be nice to have a little more detail into what they would consider whole. They believe that taking away bran from the oats or wheat or any grain would still be considered whole grain but I do not think so. The grain is made up of bran, endosperm and germ.

This book has some great recipes for first time juicers or anyone trying to get healthy. It will get you nutrients you need without having to eat all the required vegetables to do so. I am trying to do as low carb as necessary and I have to be careful with the ones containing a lot of fruit. The recipes are very easy to follow and there is a nice explanation for each recipe that tells you what that particular one is good for. They do require a juicer so make sure you are planning to either get one or already have one. I struggle to get all the nutrients I need, even with eating several servings a day and if you look at some of the recipes, there is no way a person would typically eat the amount of fruit and vegetables in one sitting so you are easily getting more nutrients into your diet. I am

anxious to see if I can get my iron levels up with some of these recipes. Thank you for a great recipe book!The version I got was for my kindle and I was viewing from my phone so the recipes flowed onto multiple pages. Perhaps it would be easier to review with a tablet or iPad.I received this product free or at a discounted price, in exchange for my honest review. It is also important to note that I did not receive any kind of compensation for my review and I do not have any connection or relationship to the seller. I rely heavily on product reviews when making purchases which is why my written opinion is always honest and unbiased, whether I pay full price for a product or not. I am under no obligation to provide a positive review and received no incentives or rewards for doing so. This disclosure is in accordance with the Federal Trade Commission Guidelines on Testimony and Advertising.

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