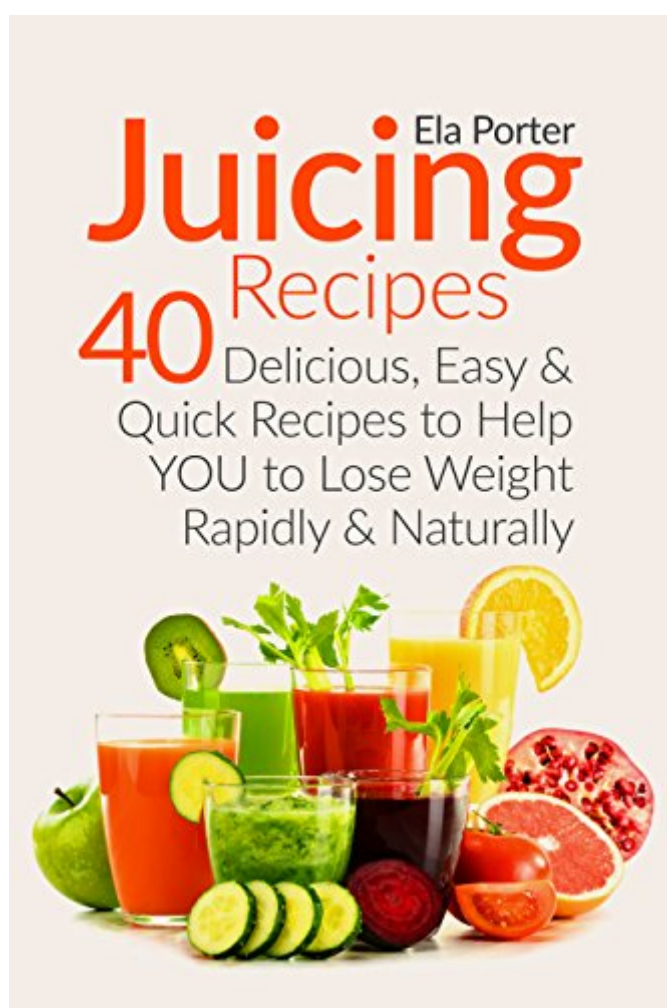


The book was found

Juicing Recipes For Healthy Weight Loss: 40 Delicious, Easy And Quick Recipes To Help You To Lose Weight Rapidly And Naturally (CookBook)



Synopsis

40 Weight Loss Juice Recipes is a collection of fresh vegetables and fruit juices for those who want to lose weight rapidly and naturally without compromising their health. The book contains 40 weight loss juice recipes for all fresh vegetables and all fresh fruits. Each recipe is explained step by step with its nutritional value. Also, each recipe contains Fruit and vegetables benefits and tips. All juice recipe of this book is healthy as well as delicious. So what are you waiting for? Download your Copy as soon as.

Book Information

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> Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

This book motivated me and kept me focused on my goal to lose a few extra pounds. The recipes and variations look more interesting than the usual stuff I see at home. The recipes are tasty as well as easy to follow. I have become a smoothie convert. I loved that this recipe book allowed the consumer to add in their favorite fruits to add that sweet flavor to an otherwise bitter smoothie. I recommend this book to all who want to live health.

Weight loss never was so tasty! Here you will find great recipes, that will make your diet easier.

Many of these recipes seems good even when you can eat everything. Book written good, direction are pretty clear and you will not face any problems to cook them at your kitchen. Like this book so much.

It is a good book about weight loss. There are 40 healthy and efficient recipes how lose weight healthy, easily and tasty. Furthermore I hope to have quick results because I have already started to use these pieces of advice several days ago. This is quite a helpful book!

I wasn't looking for diet recipes, but for fresh juices. This book will teach you how to prepare 40 tasty and healthy juices that are perfect for summer.

Useful food is becoming a style of life and cool, that there are such books that teach delicious recipes. Useful recipes fresh, I love

Excellent book for anyone looking to be healthy. The juicing recipes where easy to follow and taste delicious. Great job Ella!!

What a thumping good cookbook! Before I purchased it, the only juice I could make was an orange one. Now I'm an expert in mixing)) Very smart structure of each recipe: ingredients " directions " national value. Most significantly, all these recipes really work. My body feels it!!!

Ella porter does a great job in presenting easy juice recipes that people can enjoy. Reached my expectations!

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