



Juicing Recipes Bible: 50 of the Best Juicing Recipes and Green Smoothie Recipes (Paperback)

By Michael Chung

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Juicing Recipes Bible: 50 Of The Best Juicing Recipes and Green Smoothie Recipes Juicing recipes are often overlooked by millions of folks all over the world. Why? Well, primarily, it is because people do not see the importance of consuming juice recipes. But think about it- the recommended intake of fruits and vegetables stands at 6 servings per day! Do you get that much? I certainly don t! That s why I consume these delicious green smoothie recipes. The beauty of juicing is further enhanced when you consider all the goals you can achieve- whether it be to detox, lose weight, boost energy levels or improve health, these easy to make juicer recipes are all that you need to succeed. Included in this book are 50 easy to make juicing recipes, which can easily be made into delicious smoothie recipes by adding a bit of milk or adjusting the consistency. So why is this juicing bible important? Because when you re starting out you re confused. You don t know what to eat (drink in this case), so a simple...



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