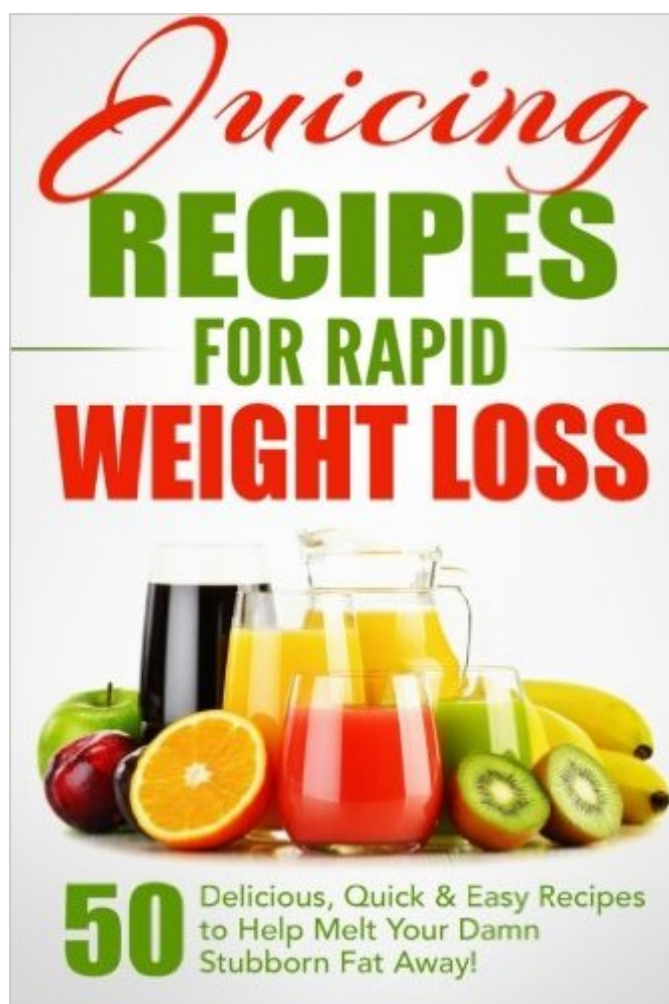


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# Juicing Recipes For Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes To Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1)





## Synopsis

Discover Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! Let me ask you a few quick questions... Do you find that you don't have enough time to prepare healthy and delicious meals and snacks? Would you love to have more energy, be happier and feel healthier every single day? Do you want an abundant supply of delicious, quick and easy recipes at your fingertips? If any of the above questions made you say "Yes", then this book is for you! Inside this book's pages, you'll be introduced to the benefits of juicing while getting 50 of the best juicing recipes out there specifically designed for weight loss and a healthier version of yourself. This book is informational, to the point and organized in such a way that you can come back to it again and again for easy reference. Want to get access to some delicious, quick and easy juicing recipes? What are you waiting for? Download your copy TODAY. See you on the inside so we can get started! ~ Fat Loss Nation ----- Tags: Juice Cleanse, Juice Diet, Juicing for Weight Loss, Juicing Books, Juicing Recipes, kindle juice books, kindle juicing books, juicing recipes for weight loss, free juicing books, free juicing books for kindle, free juicing for weight loss, free juicing recipes

## Book Information

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## Customer Reviews

This book pleasantly surprised me. Not so much with the recipes, I kind of expected that they would be delicious and they are, for sure. The thing that surprised me was the very detailed nutrition table after every single recipe â “ that is so great and practical thing, but so few cookbooks have that, it is

unbelievable. If you are on a strict juicing diet (I'm not, thank god, I just love juice fasting from time to time) this kind of info is gold for you, gold. Recipes are delicious, as I mentioned, if you love juices this will give you a lot of options and inspiration. My favorite is Apple Pineapple Lime, I could gorge myself on it until I can't move. Five star book from me.

What I like about this book is it full of great juice recipes like carrot spinach cucumber, apple watermelon, apple pineapple lime so with these great use to help you lose weight how can you go wrong. The recipes were easy to make and full of flavor and these recipes will you help with detoxify, flush your impurities and at the same time provide you with the vitamins, minerals, antioxidants and what not. Great Book

Awesome book! This book is well presented with useful and helpful information. It is well written and you can tell that the author took time to research every juicing recipes nutritional benefits. Having the nutrition facts made it really helpful for us dieters because we are aware of our intakes.

Juicing has a lot of benefits for our overall health. My family has started juicing and we're loving the benefits! When I found this book, I didn't hesitate to purchase and download it. I am really looking for some more juicing recipes for my family to enjoy. We've been juicing carrots all the time and we want to try something new. This book just came at the right time. Fat Loss Nation was able to come up with a bunch of healthy and delicious juicing recipes that's really perfect for every family. Plus the ingredients were easily available and the recipes are very easy to prepare. To be honest, even my 8 year old daughter can just easily follow the instructions. Great job to the author!

The good thing about juicing is it can be a great alternatives for meals and it is so healthy since it is made up of fruits and vegetables that is so good in losing weight. The book includes the nutritional information of every fruit juice recipe. It is a great help to know the calories content of the foods you are taking everyday so that you will know how much you are going to consume for that day. The book has both the nutritional impact and the most delicious fruit juices we would want to prepare for ourselves and for our family. Papaya juice is one that I would like to prepare for myself, Apple and Blueberry juices for my children.

If you love juices, this book will give you a lot of options and inspiration. You will definitely learn many helpful information and tips for dieters and health conscious people. This book will give you

easy to find recipes that you want. It also highlights benefits such as helping improve or even reverse symptoms of high blood pressure, diabetes and asthma. The best thing I like in this book is the Nutritional facts and analysis for almost every recipe which other recipe books don't have. It is indeed very helpful and informative!

If you are trying to lose your weight but unable, this book is perfect for you. The book is enriched with 50 delicious juicing recipes. Juicing is a terrific means of losing weight because juicing provides you with most of the nutrients from the original food without most of the calories. The book is organized into sections on fruit juices, vegetable juices, mixed juices. And if you follow this, you will not miss anything. Juice also serves as a natural appetite suppressant to curb your calorie intake. I appreciate this book.

I love this book! I am very fond of fruit juices and knowing about their various benefits is great news for me. The authors started by enumerating the benefits of juicing, as well as various tips for juicing. Then they proceeded to providing various fruits that go well together when juicing them. What's good about this book is that each recipe contains a detailed table of nutrition facts so you know how nutritious the recipes are.

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