

Feel Great Again With These 50 Weight Loss Juice Recipes

Are you looking for a way to lose weight and improve your health? If so, you need to check out our book, "Feel Great Again With These 50 Weight Loss Juice Recipes." This book is packed with delicious and nutritious juice recipes that will help you reach your weight loss goals.



Juicing For Beginners: Feel Great Again With These 50 Weight Loss Juice Recipes! by Gerard Hamilton

★★★★☆ 4.4 out of 5

Language : English
File size : 12304 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 192 pages
Lending : Enabled
X-Ray for textbooks : Enabled



Juicing is a great way to get your daily dose of fruits and vegetables. It's also a great way to detox your body and improve your overall health. Our juice recipes are made with all-natural ingredients, so you can be sure that you're getting the nutrients you need.

The recipes in this book are easy to follow and can be made in just minutes. They're perfect for busy people who want to lose weight without sacrificing taste.

Here are just a few of the benefits of juicing:

- Juicing can help you lose weight.
- Juicing can improve your digestion.
- Juicing can boost your energy levels.
- Juicing can help you sleep better.
- Juicing can improve your skin.

If you're ready to start feeling great again, Free Download your copy of "Feel Great Again With These 50 Weight Loss Juice Recipes" today.

Juicing Recipes For Weight Loss



The Toxin Killer

When to drink: Any time in the day
Best situations: As a daily juice
Tastes: Good (apple is dominant)

Ingredients
 3 apples
 1 stick of celery
 Half a cucumber
 Spinach (1 handful)
 Kale (1 cup)
 Lettuce (1 handful)

When to drink: Mornings
Best situations: Before you exercise
Tastes: Strong and sweet



The Power Up Punch

Ingredients
 1/3 of pineapple
 1/2 cucumber
 Spinach (1 handful)
 2 apples
 The fresh juice of 2 lemons
 Ice (1 cup)



The Veggie Delight

Ingredients
 2 Oranges
 2 Carrots
 1/4 head of lettuce
 1 celery stick
 1/4 head of cabbage
 2 large branches of brocc

When to drink: Evening
Best situations: After a long, hard day
Tastes: Delicious, but not too sweet.

When to drink: Afternoon
Best situations: When you need a pick-me-up.
Tastes: Strong and sweet.



THE FRUITY BLAST

Ingredients
 2 Apples
 1/3 of pineapple
 2 Kiwi fruits
 2 Nectarines



The Green Machine

When to drink: All Day
Best situations: When trying to relax
Tastes: Very green with a hint of zest

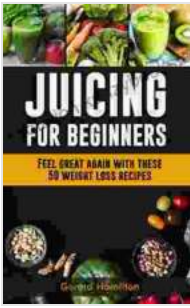
Ingredients
 2 Carrots
 1 Cucumber
 Parsley (1 small bunch)
 Chard (1/2 bunch)
 Spinach (1/2 bunch)
 Kale (1 bunch)
 Celery
 the juice of a lime

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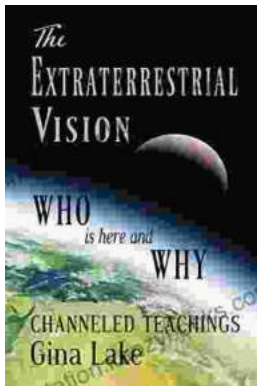
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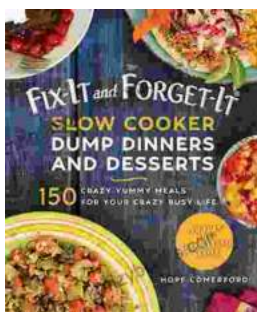
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