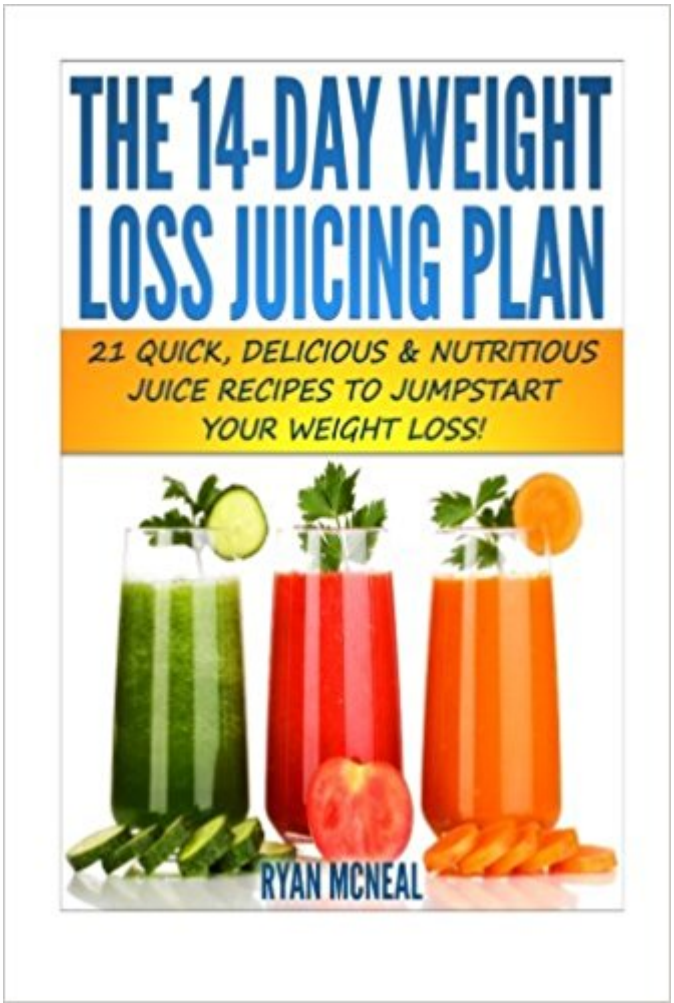
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The 14-Day Weight Loss Juicing Plan: 21 Quick, Delicious & Nutritious Juice Recipes To Jumpstart Your Weight Loss!



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Synopsis

>>UPDATED: Best Selling In "Juicers & Juicing"!!***Lose Weight Naturally Through Juicing..This short book will introduce you to the wonderful world of juicing as a means towards achieving your weight loss goals. Specifically, this book will deliver the following important ideas:You will learn how to identify which ingredients are suited for juicing. You'll quickly see from the recipes presented here that some ingredients appear more frequently than others because of their versatility and overall nutritive value.You will learn about the basics of juicing, from choosing the ingredients to preparing them, and then juicing them at home.You will be introduced to the nitty-gritty of deciding which equipment you need to buy. Do you need a blender or a juicer? Which type? At what cost?You will be given a 14-day weight loss plan that you can use for the next 14 days to get you started on juicing.After the first 14 days, the points from this book should be able to teach you how to embrace juicing for the long-term. A sample plan is well-and-good to get you started. A long-term plan for weight loss and embracing a healthier lifestyle requires that you learn the concepts and then apply them to suit your situation. That's how real and lasting lifestyle changes happen and this ebook should hopefully equip you with the knowledge to get you on the right track.See for yourself that juicing does not need to be an exact science in order for you to reap the benefits. This is a truly transformative concept because it will allow you to understand that you can actually make your own recipes depending on your preferences.The wonderful world of juicing awaits you. Come in and discover just how powerful this new health revolution is towards transforming your body and mind into a healthier, fitter, and more confident version of yourself!Join the Juicing Movement Today!>>Scroll Up And Grab Your Copy

Book Information

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Average Customer Review: 5.0 out of 5 stars 13 customer reviews
Best Sellers Rank: #1,169,685 in Books (See Top 100 in Books) #136 inÃ Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #797 inÃ Â Books > Cookbooks, Food & Wine >

Beverages & Wine > Juices & Smoothies

Customer Reviews

This book was awesome! I never realized the beauty of freezing fruits and vegetables to juice before I read this book! I also didn't realize the importance of how you store things...but it's so important!I do wish I read this before I bought my juicer as the author really spells out the different options. He also gives great tips on what you might feel once you start juicing. I think people quit too soon as they feel some discomfort as their body deals with withdrawals from what you're currently eating, and adjusts to things.I learned some really great things from this book, including using lemon peel (who knew?!) and that sometimes there is an order in which to put things into the juicer.Highly recommended!

Let me first start by saying, this is truly an impressive guide to weight loss, health and well being. After having read Ryan McNeal's book I'm convinced that this weight loss plan would truly work and that the health benefits would be beyond my expectations. But this book is complete in many ways, it takes up research, powerful health benefits, storage, juicing equipment and so many other tips. And then you are provided with these amzing recipes with names like Afternoon Surprise, Energize me, Tropicana Delight and Sunset & Sexy ... Yes, I definitely believe the author when he says that this will put an end to the era of vegetables and fruits being "bland, forgettable or yucky!

I decided to go with this book because it gets right to the point! It explains things clearly and very easy recipes.

Excellent book and juice recipes. I followed the juicing plan and lost 17lbs . Would recommend to anyone who wants to start juicing and lose weight.

I have to admit that this book really surprised me. Apart from all the delicious-sounding recipes, it's absolutely packed with vital background info, including how to store fruit and veg and how to choose the best juicer. There is simply so much great info in this book for anyone interested in juicing.

the idea of juicing is great I like how the author gave examples of juices for breakfast lunch and dinner ideas. I will be using the 14 day plan in the new year

I really LOVE the idea of getting vitamins from fresh, organic fruits and vegetables rather than pills. He’s got a lot of good background info here, as well as some great recipe ideas. Well-written book too. 5 stars!

I’ve tried "liquid diets" many times and often end up bored and hungry. These recipes will surely keep me from either. Great variety, nutritious, and yummy too!

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