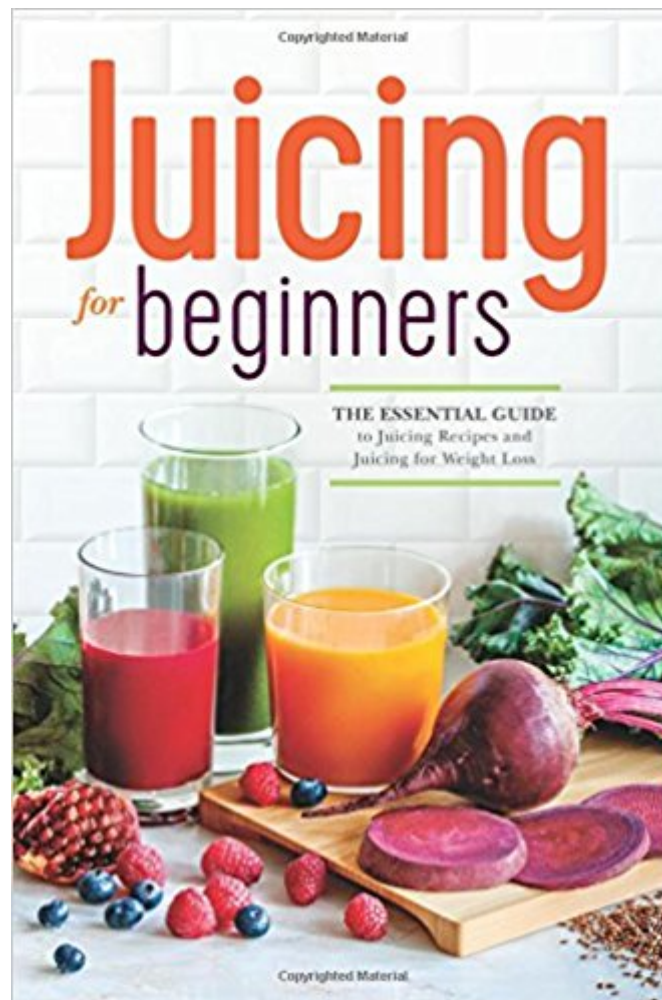




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Juicing For Beginners: The Essential Guide To Juicing Recipes And Juicing For Weight Loss



Synopsis

Glass half full: Drop pounds, not nutrients with the Juicing for Beginners essential guide to juicing. Healthy eating is not just about looking goodâ™s about feeling good, too. But eating right and making sure that you still get your fill of vitamins is no easy task. Juicing for Beginners is your go-to guide to learn how juicing can improve your health and boost your immune system. Packed with mouthwatering recipes, Juicing for Beginners shows you how and why juicing is the only path to a vitamin-rich life. Juicing for Beginners contains: 100 Tasty and Creative Recipes: quick and easy juicing recipes to prepare fruit, vegetable, and green-based juices, accompanied by the nutritional benefits of every ingredient Weight Loss Plans: guidelines that explain the benefits of juicing diets such as fasting, cleansing, and detoxing Handy Hacks: tips ranging from how to buy the right juicer to how you can combat health problems with juicing Juicing for Beginners brings you original recipes such as: Mango Watermelon Juice, Blueberry Beet Juice, Black Cherry and Almond Juice, Ginger Beet Juice, Cool Cilantro Coconut Juice, Get-up-and-go Juice, Green Good Morning Juice, and many more! Bottoms up! Get your fill of vitamins and minerals when you take a sip from Juicing for Beginners.

Book Information

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Customer Reviews

Vegetable Based Juices

Sweet Potato Power Juice Serves 2: Sweet potatoes

are known for their unique flavor and their benefits related to detoxification and digestive health.

Sweet potatoes are also a good source of copper, iron, manganese, and magnesium. 2 medium

apples 2 small beets 1 large sweet potato 1 large carrot 1 small red bell pepper Instructions: 1. Peel, cut, deseed, and/or chop the ingredients as needed. 2. Place a container under the juicer's spout. 3. Feed the ingredients one at a time, in the order listed, through the juicer. 4. Stir the juice and pour into glasses to serve.

Ginger Beet Juice Serves 2: To make this refreshing juice, you don't even need a juicer. All you have to do is combine the ingredients in your blender and add enough water to reach the desired consistency. 2 medium beets 2 large carrots 1 medium apple 1 cup cold water 1-inch piece gingerroot Instructions: 1. In a blender, combine all of the ingredients and blend until as smooth as possible. 2. Press the mixture through a fine mesh strainer until all of the juice is out. 3. Discard the pulp, pour into glasses, and serve.

Pick-Me-Up Juice Blend Serves 2: This juice blend is the perfect combination of leafy greens and bright fresh fruit. You get all of the nutritional benefits of kale, dandelion greens, and parsley but the zesty flavor of green apple and lime. 1 medium green apple 2 large kale leaves 1 bunch dandelion greens 1 bunch parsley leaves 1 lime Instructions: 1. Peel, cut, deseed, and/or chop the ingredients as needed. 2. Place a container under the juicer's spout. 3. Feed the ingredients one at a time, in the order listed, through the juicer. 4. Stir the juice and pour into glasses to serve.

While most people probably think juicing is just a quick way to lose weight--only to have it pile back on when you return to eating food again--Juicing for Beginners claims it can actually help "transform your health and your life." While the book certainly delves into the idea of juicing for weight loss, it also offers a healthier perspective on juicing, one focused on providing yourself a way to take in more fruits and vegetables than you may normally ingest. It also highlights benefits such as helping improve or even reverse symptoms of high blood pressure, diabetes and asthma. Finally, it offers an insight into why juicing is more beneficial than just eating raw fruits and vegetables, which is what I found to be most interesting and valuable. This book is a great first step to attaining a healthier lifestyle and a smaller waistline.

Great book to get you going. Had a lot of recipes. Just remember less is more. Use three different foods per juice otherwise you start to blend way to many flavors.

A few years back I got really into green juices. While I am not as much into them as I used to be, I still enjoy a good, healthy juice. The couple of recipes I have tried from this book have been flavorful and simple to make. Regular ingredients are used so no need to buy exotic produce. These juices

are a great way to get the necessary nutrients that many of us are lacking from our regular diet. I do not believe juicing to be a permanent tool for weight loss even though it does have its advantages, but believe juicing can be a practical and healthy way to lose weight when included in a healthy lifestyle.

I recently purchased new glass carafes and tumblers for all the juicing I do, and thought that this would be the perfect companion book to those. I enjoy fresh ideas and vegetable and juice blends I normally wouldn't think of making myself. Lots of ideas here and nicely played out in text. A great book that anyone who likes to lead a healthy lifestyle when possible would enjoy.

Great recipe ideas. You can get them all on line by doing a search of Juices for beginners, but it's nice to have them all in one book. Would have liked more pictures. I'm like a 5 year old and like pictures with my recipes. HARD TO READ INGREDIENTS LIST BECAUSE THEY USED INVISIBLE INK. HOW DID THE PUBLISHER APPROVE THIS??!! Very hard to read

Just bought thinking it would be great since just bought new juicer & new to all of this. Has recipes but doesn't say what health benefits & what helps what! Found more information on Internet than this book, very disappointed!

Awesome bottles. Love the glass vs. plastic. Juicing book with recipes for beginners has great ideas and is easy to follow.

Such an amazing book for juicing beginners. I love the variety of recipes. Great diet tips and detox juicing information.

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