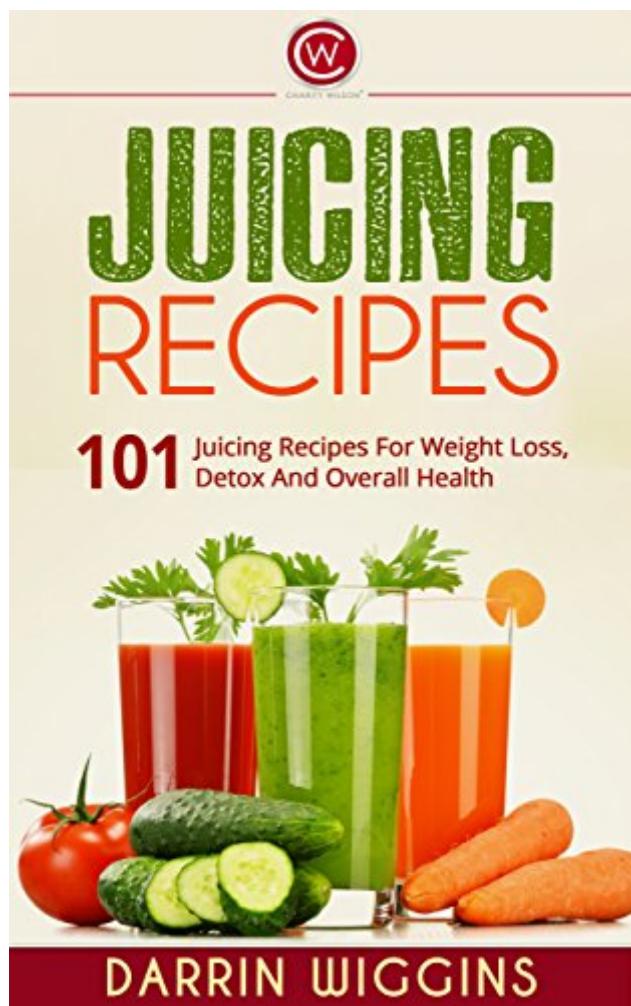


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# **Juicing: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting And Detoxing)**





## Synopsis

Juicing Recipe Book101 Juicing Recipes For Weight Loss, Detox and Overall Health is a compilation of fresh fruit and vegetable juice recipes for people who want to effectively improve their health and loss weight. Anytime a person can increase the amount of fruits and vegetables in their diet your overall health will improve. It can be difficult to eat the recommended number of fruits and vegetables a day and juicing makes that headache disappear.

**Losing Weight With Juicing Recipes**

There is an important fact that many juicing books skim over when it comes to losing weight with juicing. You have to be very careful about the other foods you are consuming along with your juices. This is due to the fact that juice whether it is made at home or bought at the store is high in fruit sugars. This means they are also higher in calories. While some will want you to believe that juicing is a miracle fat burner the reality is it only works in conjunction with healthy eating. They work great for meal replacements or in addition to a meal that may be lacking a full spectrum of nutrients. The point is if you think you can just add a couple cups of juice a day and the fat will just melt off you have been misled. That is why this book provides a practical and easily implemented weight loss plan. It is a simple way to get your weight loss started using juicing and as you will see some smoothies. When using juices to help lose weight ensure you keep an accurate count of the calories you are consuming. Healthy or not a couple extra thousand calories a day from juice plus your regular food will seriously impede your ability to lose weight. With the provided weight loss plan you will know exactly how many calories you will need to be putting into your body for maximum weight loss. Juicing when done right can be a fantastic and long term weight loss plan. Done wrong you will just be losing weight due to all the trips to the bathroom and then just gain it back again.

**Variety Is Key**

101 juicing recipes may sound like a lot but let's be honest and acknowledge the fact you might not like some of the ones presented in this book. You should buy a few juicing recipe books in order to have enough variety of recipes that you stick to your goals. Whether that is detoxing, improving your health or losing weight you will get bored drinking the same juice day in and day out. Some of the recipes will call for a blender also to ensure you are getting maximum variety and can add other health enhancing foods into your diet that juicers cannot process. Have you ever tried juicing a banana? Don't! Just blend it. The main benefit of juicing is the fact you are consuming more fruits and vegetables. In a society where we live a processed life it can seem difficult to consume enough healthy food and juicing alleviates that. Add juicing to a healthy lifestyle and you will be well on your way to having optimum health and a body you love to live life in.

101 Juicing Recipes is perfect for anyone looking for new and exciting juicing recipes to add to their daily life. Scroll up and grab your copy today.

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## **Book Information**

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## **Customer Reviews**

I've just started juicing and have been looking for recipes that have other ingredients besides kale. It seems this is the favored ingredient in many juicing books and I just don't like it. I was happy to find so many recipes here that had a variety of ingredients to suit all tastes. I don't make many smoothies because they fill me up too much, but I'm finding juices provide a perfect pick me up without the full feeling I get with smoothies. Since I'm new to juicing, I appreciate how the author divided the juices into different categories, such as energy, meal replacement, detox, immune system, cleansing, etc. I would never have thought to look for juices for these many different purposes and feel there is great value in constructing such a list. If you are new to juicing, or even just looking for a variety of juices for a specific purpose, you're sure to find what you are looking for in this book.

This is good to have, but I must admit I find myself just throwing whatever I have and whatever I feel

like into the juicer. I have also learned, thanks to someone's blog, that you hardly get any juice out of leafy greens. So, a cost issue to consider. This blogger suggested using the greens in a smoothie instead of juicing it. So, depends on if you're on a juice weight loss plan (where you want to avoid solid food for a period of time) or if you're just trying to increase vegetables in your diet. I've been a fan for a long time of throwing spinach into a smoothie -- can't taste it at all (although I like spinach, but I make my smoothies to taste more like shakes with almond milk and chocolate whey powder). For the Kindle price, this is a good book.

Juicing Recipes is a quality recipe book that's rather impressive. The author not only shows you tasty juicing recipes. He also offers tips and tricks to implement them into your healthy lifestyle in order to lose weight and get happy. I like the fact he's included nutritional information and a little message about each recipe before getting into it too. Great book to get you started!

Darrin Wiggins provides some great information on juicing and weight loss that is ideal for almost anyone to follow. He provides great juicing recipes, 101 of them, in different areas of need for your body. So if you are looking for detox recipes, he has them, if you are looking for digestive detoxifier, alkalizer, kids, rejuvenation, liver protector, refreshers and meal replacements juicer recipes, they are all there. I personally love pineapple and strawberries and there are a variety of juicer recipes to cover my needs. Well written and easily to read and follow. He also adds a good weight loss plan at the end of the book that you can read up on and talks about consuming calories at the 20 pound weight loss goal from your current weight. Ideal for me since I need to lose 20 lbs!!!

I started juicing about 2 years ago and I completely and utterly love it (go for the masticating juicers instead of the centrifugal ones, your juice will be not as oxygenated and fresher). This book provided me with some awesome new juicing recipes. For those new to juicing, this book covers the many benefits that juicing has to offer for health and wellness. I always recommend you put as many dark green leafy vegetables in your juices as you can. This book had recipes with ingredients I had not thought of, can't wait to try some of these, especially the green pineapple superfood juice.

I pulled out my juicer a little while ago and picked up copy of this book. Love the variety of ingredients. I like fennel, so I was happy to see a recipe using fennel. There's a nice combination of fruit and veggie juices. I also liked the way the drinks were divided by their benefits such as stress and anxiety, meal replacements, and energy. Nice collection to have on hand for when the sudden

urge to juice strikes. There's some good information about weightloss planning, too. Hard not to give this one a 5-star review.

## GREAT JOB

Coming from an extensive background of health and wellness, I have to say that this book is a wonderful collection of recipes! I am a nutriblaster and found many of these to be new and yummy. Plus the weight loss section alone is worth the price! Easy to follow tips based on the basics of weight loss and good health. Get this book and add more variety to your life.

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