

100

Best Smoothies & Juices

The ultimate ingredients for healthy living including 100 revitalizing recipes



Smoothies And Juices Essentials Collection Cooking Paperback By

Marylyn Meyers RD



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Lisa Shea, 2014-01-15 We know the value of eating fresh, healthy food. We know how wonderful it is to pluck a fresh apple off a tree and to eat it without pesticides, without processing, and without added sugar. The philosophy of juicing and smoothies is to appreciate those natural flavors that exist all around us. Draw in the bounty of the nutrients and fiber that our world provides for our sustenance. It's good both to incorporate natural foods into your daily diet and also to occasionally do a cleanse. A cleanse allows your body to free itself of allergens and toxins and to start fresh. It's like rebooting your computer to cleanse out any memory issues which may have cropped up. Version Note: This is an early release of this smoothie juicing ebook. It currently has 19 recipes in it. Please email me and let me know your favorite fruits and veggies. I will then create custom recipes using those flavors. I'll both email them to you and add them to the book. *The Big Book of Healthy Smoothies and Juices*

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Best Juicer Recipes: Fruit & Vegetable Juicer & Smoothie Blender Recipes Book Juliana Baldec, 2014-04-01 This is a 4-in-1 box set compilation of 4 books. This compilation includes Juliana Baldec's 4 titles: Book 1: *Juicing To Lose Weight*; Book 2: *11 Healthy Smoothies*; Book 3: *21 Amazing Weight Loss Smoothie Recipes*; Book 4: *Smoothies Are Just Like You*. Book 1: 2-3 When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 months. Since then, she has been able to keep that weight off. Her secret? She turned these nutritious, satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir, included a light meal plan, has helped her not only lose 20 pounds within 60 days, but she was also able to get rid of her nasty breathing asthma problems at the same time. People who have achieved similar results like Baldec by consuming smoothies, juices, and an apple-cider-vinegar-honey morning elixir in combination.

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