



# 40 Juicing Recipes For Weight Loss and Healthy Living (Juicer Recipes Book)

*Jenny Allan*

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## **40 Juicing Recipes For Weight Loss and Healthy Living (Juicer Recipes Book) Jenny Allan**

40 Juicing Recipes for Weight Loss is a collection of fresh juice recipes for those who want to lose weight effectively without compromising their health. It is a perfect companion for dieters who want to lose a few inches and pounds while keeping their body nourished, strong and healthy.

The book contains 40 different kinds of juicer recipes for all-fruit, all-vegetable and fruit and vegetable mix juices, plus a sampler of some creamy smoothies which blends fresh juices with milk or yogurt for a more indulgent way of losing weight with juice.

Each recipe also explains the weight loss benefits of the key ingredients used to make the reader better understand why each fruit or vegetable is ideal for losing weight and in maintaining a healthy diet.

Recipe variations and juicing tips are also provided to encourage juicing aficionados to experiment and find new ways of enjoying their weight loss juice.

40 Juicing Recipes for Weight Loss is perfect for those who want to start on a juice diet and even for those who are already juicing for weight loss and want to keep it healthy all the way.

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