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Juicing: 365 Days Of Juicing Recipes (Juicing, Juicing For Weight Loss, Juicing Recipes, Juicing Books, Juicing For Health, Juicing Recipes For Weight Loss, Juicing Detox, Juicing For Beginners)





Synopsis

Juicing365 Days of Juicing Recipes is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. The book has every single recipe with perfect tips for garnishing, presentation and juice making tips as well. The recipes are also well presented with pictures and even perfectly measured. The ingredients listed can be accumulated from any local grocery store. These recipes keep in mind the needs of diabetic patients; thus every juice recipe can be made with or without sugar. The book contains recipes for kids, for adults and for health concerned people as well. These are not only served after or before the main course but can also be prepared on a hot summer day. In 365 Juicing Recipes, the author provides 365 healthy recipes for people who are searching for a healthier life. Juicing offers several advantages:

- Juices are the best way to get direct nutrients, minerals, iron, and essential acids and even glucose.
- Juices don't only mean fruit juices. Vegetable juices are also the best way to refresh your inner body without having to trouble the digestive organs.
- Juices are also perfectly made for those people who want to stay fit and healthy.
- Most of them are essential to our body growth, for our daily diet as well as to oxidize the inner portion of the body.
- Juices expand your vitality and are delicious.
- Get valuable tips like using ingredients which are spicy, herbaceous and high yielding like root vegetables and beet greens.

In addition to mouthwatering recipes like: Fresh Start, Hangover Shot, Beet and Celery Juice, Zesty Green, Cucumber and Tomato Juice, Get your copy today and enjoy 365 days of delicious, healthy and mouth watering juicing recipes.

Book Information

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Customer Reviews

Lots of recipes, but no info on calorie intake, nutritional info, etc. Also, only 1-2 pages of intro, which was mostly on how tasty the author thought the recipes were (lol). The author obviously knows very little about diet or nutrition.

We got a juicer this past summer and only figured out how to do a couple of things with it. That stuff got old fast. We went in search of a big and varied juicing recipe book and this one definitely fits the bill. There are so many recipes in here that we will never make it through them all. However, the ones that we have made so far are well-explained with great illustrations and work perfectly. The Orange Energy Drink is my favorite and we also like the Fresh Pineapple Spicy juice. So much fun.

The first thing I noticed when browsing the recipes was this....ADD SUGAR....OH NO!! This was disappointing. I can replace the sugar with stevia, but was saddened to think that this book was going to be a **HEALTHY** juice only book. So sad.. :(

I love this book! Juicing: 365 Days of Juicing Recipes has excellent recipes in it. I love juice and smoothies, but I am terrible with coming up with my own recipes. I bought this book and I love it. The Grape & Blueberry Juice is divine and I love the Parsley Energy Explosion. My kids love Hulk Blood. The author, Emma Katie, tells a little bit about each recipe before she gives the ingredients and how to make it. There are recipes for helping your joints, immune boosters, antioxidant juices and some specifically for athletes. Also, she has a few that can be used for dessert options! On top of that, there are some recipes with soda water so they can be used more as an adult drink.

After watching a documentary on these guys who started juicing all their food and how they lost tons of weight and got healthy, we've started doing this a few times a week. It really is a great way to get in veggies and fruits that we don't normally eat, like spinach or kale. This has so many recipes to try,

and the ones we've tried so far have been pretty yummy. Even ones I was skeptical about, like the Green Orange Cocktail which has oranges, spinach, and parsley in it, have been pretty tasty!

This Juicing book is my first. It's digitally downloaded onto my phone and I love bookmarking the recipes I want to use. It has so many recipes, I could never run out of them. I really think my favorite feature is that it gives the specific benefits of the ingredients of each recipe. Exceeded my expectations.

Even if you aren't committed to an all-juice diet, some of these recipes make pretty good drinks. There are some that are too much vegetable for me and that I stay away from, but there are some that taste great - blueberry apple juice, for example. I'm not turning my whole diet into juicing, but most of these are so good they'll definitely be incorporated into my meals as regular drinks. Great recipes if you want to get creative, and they've helped me a lot with cutting sodas out of my diet.

How can you add sugar to fresh juice when juicing terrible recipes!! Not really any veggies in the recipes either!

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Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing) Red

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