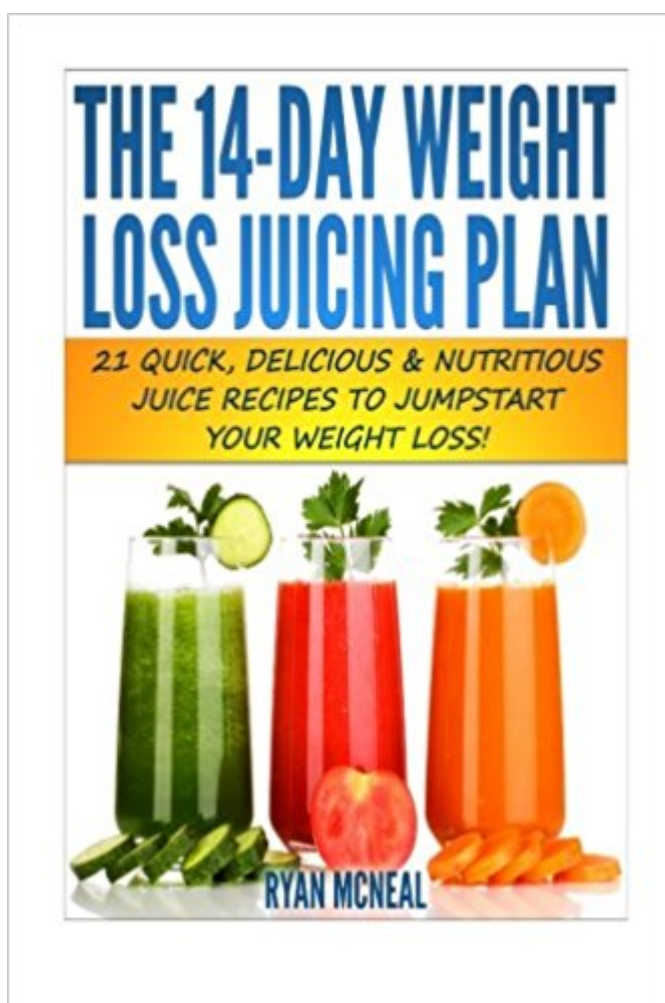


The book was found

The 14-Day Weight Loss Juicing Plan: 21 Quick, Delicious & Nutritious Juice Recipes To Jumpstart Your Weight Loss!



Synopsis

>>UPDATED: Best Selling In "Juicers & Juicing"!****Lose Weight Naturally Through Juicing..This short book will introduce you to the wonderful world of juicing as a means towards achieving your weight loss goals. Specifically, this book will deliver the following important ideas:You will learn how to identify which ingredients are suited for juicing. You'll quickly see from the recipes presented here that some ingredients appear more frequently than others because of their versatility and overall nutritive value.You will learn about the basics of juicing, from choosing the ingredients to preparing them, and then juicing them at home.You will be introduced to the nitty-gritty of deciding which equipment you need to buy. Do you need a blender or a juicer? Which type? At what cost?You will be given a 14-day weight loss plan that you can use for the next 14 days to get you started on juicing.After the first 14 days, the points from this book should be able to teach you how to embrace juicing for the long-term. A sample plan is well-and-good to get you started. A long-term plan for weight loss and embracing a healthier lifestyle requires that you learn the concepts and then apply them to suit your situation. That's how real and lasting lifestyle changes happen and this ebook should hopefully equip you with the knowledge to get you on the right track.See for yourself that juicing does not need to be an exact science in order for you to reap the benefits. This is a truly transformative concept because it will allow you to understand that you can actually make your own recipes depending on your preferences.The wonderful world of juicing awaits you. Come in and discover just how powerful this new health revolution is towards transforming your body and mind into a healthier, fitter, and more confident version of yourself!Join the Juicing Movement Today!>>Scroll Up And Grab Your Copy

Book Information

Paperback: 132 pages

Publisher: CreateSpace Independent Publishing Platform (February 18, 2014)

Language: English

ISBN-10: 1494746115

ISBN-13: 978-1494746117

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 13 customer reviews

Best Sellers Rank: #1,169,685 in Books (See Top 100 in Books) #136 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #797 in Books > Cookbooks, Food & Wine >

Customer Reviews

This book was awesome! I never realized the beauty of freezing fruits and vegetables to juice before I read this book! I also didn't realize the importance of how you store things...but it's so important!! I do wish I read this before I bought my juicer as the author really spells out the different options. He also gives great tips on what you might feel once you start juicing. I think people quit too soon as they feel some discomfort as their body deals with withdrawals from what you're currently eating, and adjusts to things. I learned some really great things from this book, including using lemon peel (who knew?!) and that sometimes there is an order in which to put things into the juicer. Highly recommended!

Let me first start by saying, this is truly an impressive guide to weight loss, health and well being. After having read Ryan McNeal's book I'm convinced that this weight loss plan would truly work and that the health benefits would be beyond my expectations. But this book is complete in many ways, it takes up research, powerful health benefits, storage, juicing equipment and so many other tips. And then you are provided with these amazing recipes with names like Afternoon Surprise, Energize me, Tropicana Delight and Sunset & Sexy ... Yes, I definitely believe the author when he says that this will put an end to the era of vegetables and fruits being "bland, forgettable or yucky!"

I decided to go with this book because it gets right to the point! It explains things clearly and very easy recipes.

Excellent book and juice recipes. I followed the juicing plan and lost 17lbs . Would recommend to anyone who wants to start juicing and lose weight.

I have to admit that this book really surprised me. Apart from all the delicious-sounding recipes, it's absolutely packed with vital background info, including how to store fruit and veg and how to choose the best juicer. There is simply so much great info in this book for anyone interested in juicing.

the idea of juicing is great I like how the author gave examples of juices for breakfast lunch and dinner ideas. I will be using the 14 day plan in the new year

I really LOVE the idea of getting vitamins from fresh, organic fruits and vegetables rather than pills. He's got a lot of good background info here, as well as some great recipe ideas. Well-written book too. 5 stars!

I've tried "liquid diets" many times and often end up bored and hungry. These recipes will surely keep me from either. Great variety, nutritious, and yummy too!

[Download to continue reading...](#)

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) JUICING RECIPES: The Juicing for Health Complete Guide (120 RECIPES): juicing, juicing detox, juicing for weight loss, juicing for beginners, juicing diet, juice diet, juice recipes, juicing books Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) E JUICE RECIPES: 51 Awesome E Juice Recipes (e juice, e juice recipes, e juice cookbook, vaping, vaping juice, vaping started kit, vape recipes, vaping juice) The 14-Day Weight Loss Juicing Plan: 21 Quick, Delicious & Nutritious Juice Recipes To Jumpstart Your Weight Loss! 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) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Juicing: Juicing for Weight Loss: Refreshing Juicing Recipes for Weight Loss, Health and Vitality (Over 30 Delicious Juicing Recipes for Beginners) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Juicing for Weight Loss - 25 of the Most Delicious Juicing Recipes Ever: Discover Juice Recipes That Heal Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing Detox, ... Cancer Cure, Diabetes Cure, Blending) Juicing: The Complete Guide to Juicing for Weight Loss, Health and Life - Includes The Juicing Equipment Guide and 97 Delicious Recipes Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss Juicing Recipes; 3 Day Detox For Weight Loss (Juice Recipes; 3 Day Detox Book 1) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie

Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes)
Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and
Stimulate Holistic Healing (Alkaline Diet for Weight Loss, Juicing, Plant Based Book 7) DUKAN
DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight
Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Juiceman's Power of
Juicing: Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief from Scores of
Common Ailments Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)