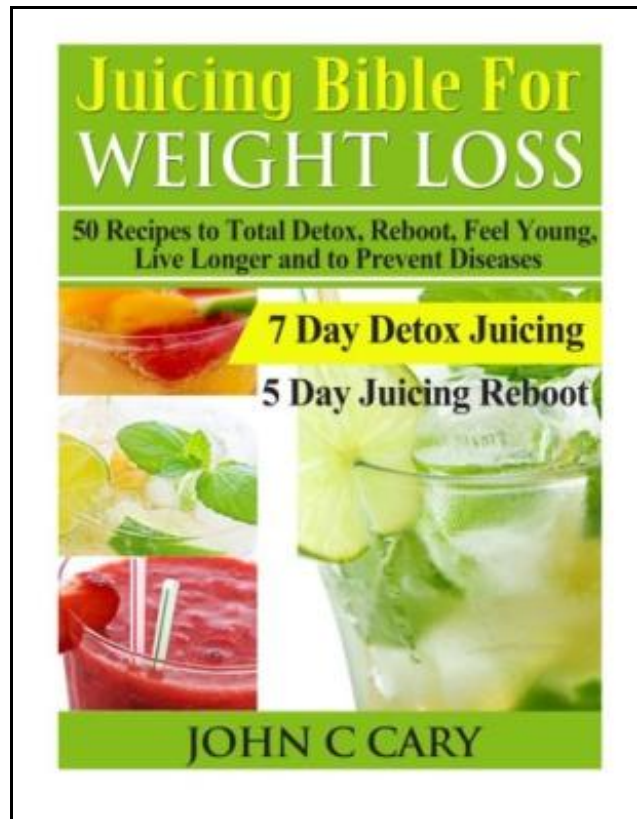


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Losing weight is not that easy after all. Tasteless salads, vigorous workouts and avoiding the temptation to eat your favorite food.these are all part of a standard weight loss plan. And these are the things that make it boring and difficult to lose weight. So how about something much more interesting and easier? Well, we are talking about juice diets. Everybody likes fruits and vegetable juices and smoothies. What if we say that you can actually lose weight and detoxify your body with these drinks? This is what this book is all about. It is unlike any other boring recipe tome containing tasteless and bland recipes. Healthy, refreshing, energetic and most importantly delicious - This is what the Juicing Bible of Weight Loss is all about. It contains the following. 1.More than 50 different juice reboot and detoxification recipes. 2.Serving size and cooking time of each recipe. 3.Nutritional facts with each recipe. Now this is something that you won t find in many juicing recipe books. 4.5 - day Juicing reboot plan with recipes 5.7 day Detox juicing plan with recipes 6.Images and collages to make the book more pleasing and colorful The recipes stated in this book are very easy with most of the ingredients mostly available in a standard kitchen pantry. So don t just stop here. Try out a few recipes and feel young and refreshed like you have never before.

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