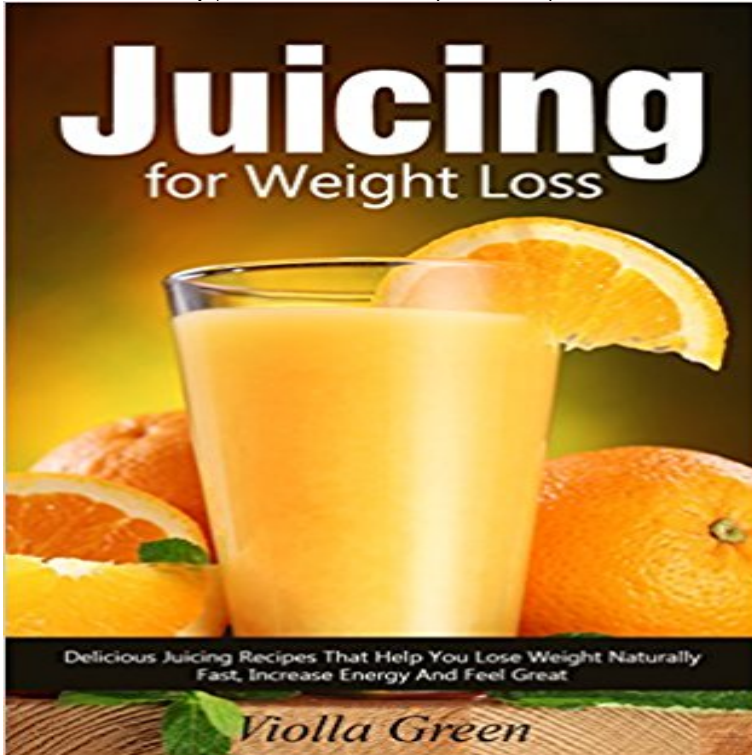


Juicing for Weight Loss: 101 Delicious Juicing Recipes That Help You Lose Weight Naturally Fast, Increase Energy and Feel Great



Want to lose weight the healthy way? You are in the right place! This book will show you delicious juicing recipes that help you lose weight naturally fast, increase energy and feel great. The benefits of juicing are obvious. But is it as simple as placing all the content of your fridge in a juicer and squeezing the juice out of it? Certainly not. There are a few things one should consider before starting this exciting activity and among the first things is moderation. Juicing allows for momentary consumption of an arsenal of vitamins and thus a decent amount of calories, so make sure you don't put the stress of fruits, rich in carbs, to provoke leaps of insulin levels. To not break your head with calculations, it's easier to get yourself a recipe book and follow the ingredient list as close as you can. Basing yourself on a healthy juicing cookbook, rather than the content of your fridge, will help you make best use of green leafy plants, citrus fruits, vegetables, rich in proteins, soluble fiber and sulfur. Secondly, do not rip your budget buying imported, exotic and out of season fruits and vegetables. This strikes not only the wallet but also the stomach. Local, organic and in season whole plants are a lot cheaper and, at the same, time a lot healthier. Heres A Few Delicious Recipes To Get You Started! Cabbage Orange Juice for Weight Loss Serves 1 Ingredients: 3 oranges, peeled 1/2 young cabbage 1/2 lemon juice 1 small carrot A thumb size piece of ginger Ice cubes Directions: Run the carrot, ginger, cabbage and oranges through a juicer. Pour into a glass, add the lemon juice, stir well and enjoy. Fat Burning Juice Recipe Serves 1 Ingredients: 1 pink grapefruit, peeled 2 oranges, peeled 1 bunch mint 1 head romaine lettuce Directions: Peel the oranges and grapefruit. Pass the citrus along with mint and lettuce through a juicer and enjoy. Rich and Fulfilling Juice Recipe Serves 1 Ingredients: 1 large carrot 1 orange 1/2

avocado 1 fresh or dried apricot Directions: Peel the carrot and orange and run through a juicer. Pour the extracted juice into a blender, add the avocado and fresh or dried apricot, and pulse until smooth. Enjoy over ice. ==> Scroll up and click the buy button to get your copy NOW. © 2015 All Rights Reserved! Tags: Juice, Juicing for Weight Loss, Juicing Recipes, Juicing for Health, Juicing for Beginners, Juicing Books, Increasing Energy, Detox

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