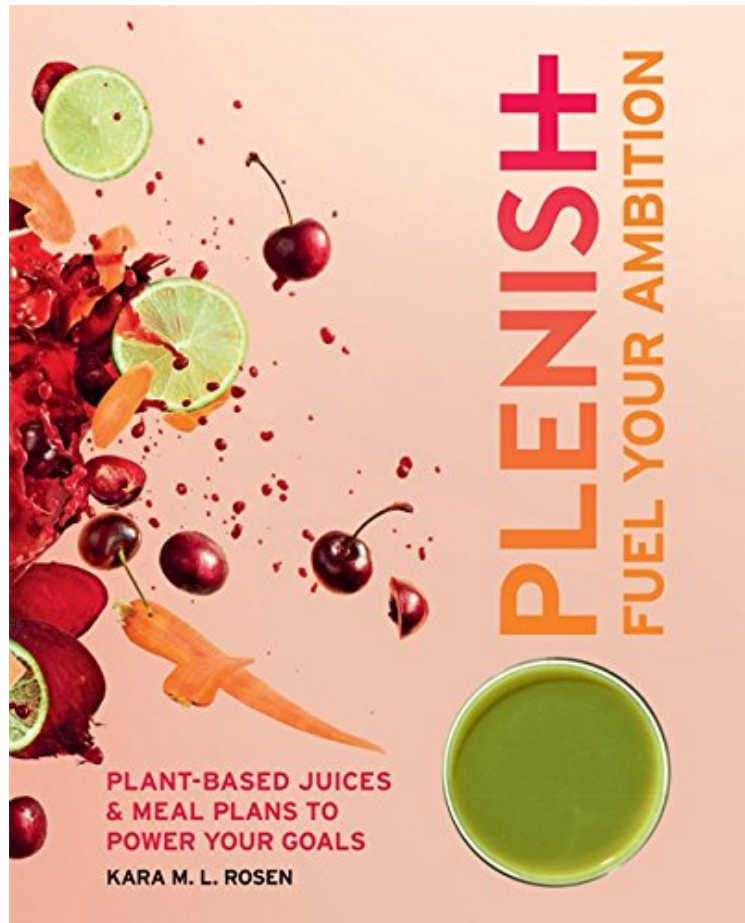


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Plenish: Fuel Your Ambition: Plant-based juices and meal plans to power your goals

Kara Rosen

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Kara Rosen : Plenish: Fuel Your Ambition: Plant-based juices and meal plans to power your goals before purchasing it in order to gauge whether or not it would be worth my time, and all praised Plenish: Fuel Your Ambition: Plant-based juices and meal plans to power your goals:

0 of 0 people found the following review helpful. Another Great Plenish Book! By Marlo F. I pre-ordered this book having loved the first one. It did not disappoint! Excellent recipes in an exquisitely designed book. I don't know whether to keep it in the kitchen or put it on my coffee table it's so beautiful. I love that my kids enjoy flipping through the book and picking which juice or smoothie to make next, and my husband and I love trying the different nut milks. The watercress, spinach and avocado soup is insane and we made the roasted broccoli with lemon and almonds twice this week! As a family we are trying to be healthier eaters and Plenish has really helped us all stick to this. Thank you Plenish! 0 of 0 people found the following review helpful. Energising By Tamica Briscoe I like how Kara highlights the energy potential and benefits of the various foods to the body. Recipes looked yummy.

Whether your goal is to lose 10lbs, run a 10k marathon, sleep better, feel stronger, or get that well-deserved promotion, you need energy to fuel your drive and push you forward. With more than 40 new juice recipes, weight-loss programs and an ongoing weight-maintenance plan, Plenish: Fuel Your Ambition will nourish your body, fill you with energy and help you lose weight in the process. These special juice blends are designed to kill cravings, boost energy and then maintain it by keeping you fuller for longer. These juices are packed full of nutrients and will kick start your energy and help you unlock your potential.

The perfect introduction to juicing.