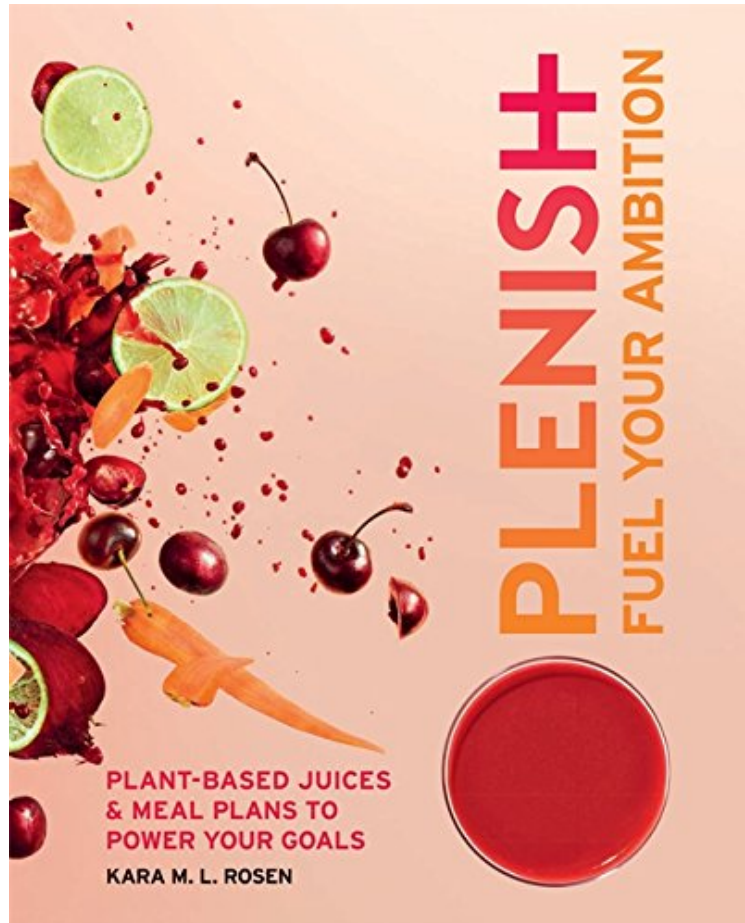


## Plenish: Fuel Your Ambition

*Kara Rosen*

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imusti 2016-12-29Original language:EnglishPDF # 1 9.09 x .43 x 7.48l, .63 #File Name: 1784722111144 pagesMITCHELL BEAZLEY | File size: 37.Mb

**Kara Rosen : Plenish: Fuel Your Ambition** before purchasing it in order to gage whether or not it would be worth my time, and all praised Plenish: Fuel Your Ambition:

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. EnergisingBy Tamica BriscoeI like how Kara highlights the energy potential and benefits of the various foods to the body.Recipes looked yummy.

The follow-up to the international bestseller Plenish: Juices to boost, cleanse heal

The perfect introduction to juicing.