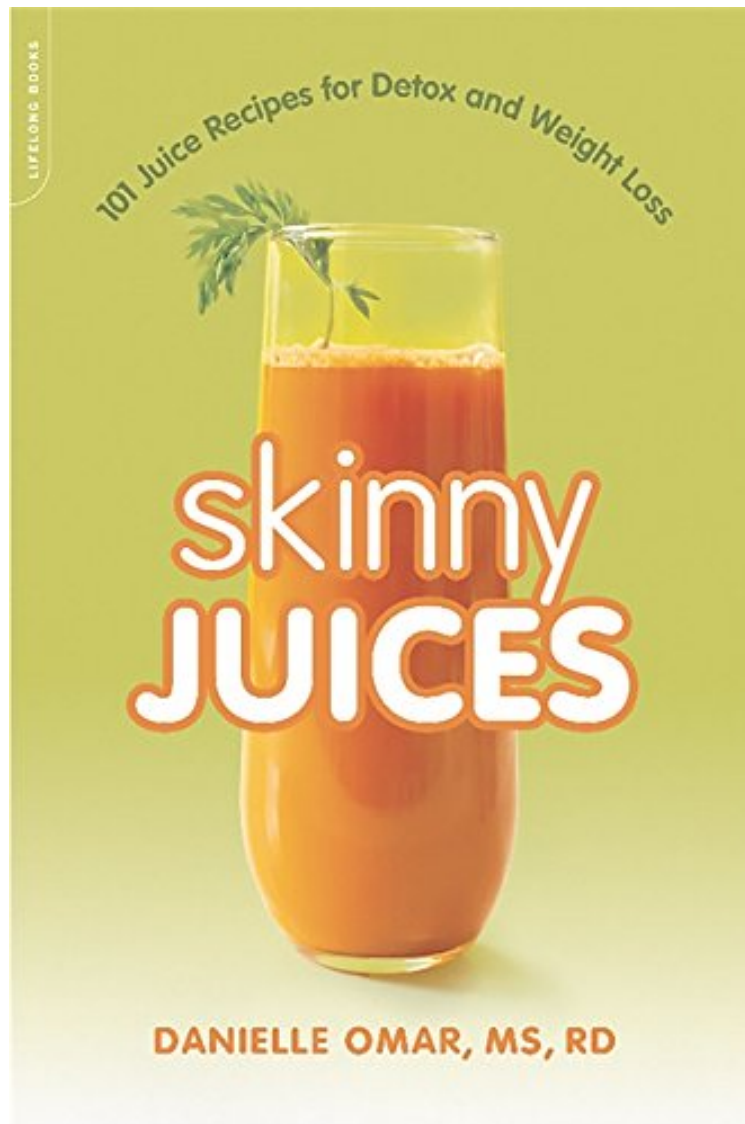


[DOWNLOAD] Skinny Juices: 101 Juice Recipes for Detox and Weight Loss

Skinny Juices: 101 Juice Recipes for Detox and Weight Loss

Danielle Omar

*ePub | *DOC | audiobook | ebooks | Download PDF*



[Download](#)

[Read Online](#)

#1292979 in Books 2014-07-01 2014-07-01 Original language: English PDF # 1 8.25 x .75 x 5.50l, .61 #File Name: 0738217573264 pages | File size: 65.Mb

Danielle Omar : Skinny Juices: 101 Juice Recipes for Detox and Weight Loss before purchasing it in order to gage whether or not it would be worth my time, and all praised Skinny Juices: 101 Juice Recipes for Detox and Weight Loss:

Squeeze the most out of juicing! Juicing is the perfect way to cleanse your body with living enzymes, mineral-rich hydration, and easy-to-absorb nutrients. Many experts agree that juicing is a great way to get more fruits and

vegetables into your diet—but store-bought juices can be expensive and laden with extra sugar. With 101 recipes emphasizing superfoods and special health-promoting ingredients, *Skinny Juices* is your go-to guide covering all the basics: how to choose the right juicer for your lifestyle, detailed information on superfood ingredients, list of foods to juice for specific nutrients, customizable detox plans, tips for saving money and juicing on a budget, nutritional information for each recipe. With 101 recipes for juices dedicated to cleansing and detox, weight loss, anti-aging, digestive health, and super immunity, *Skinny Juices* is an easy, delicious guide to health, vitality, and overall wellness.