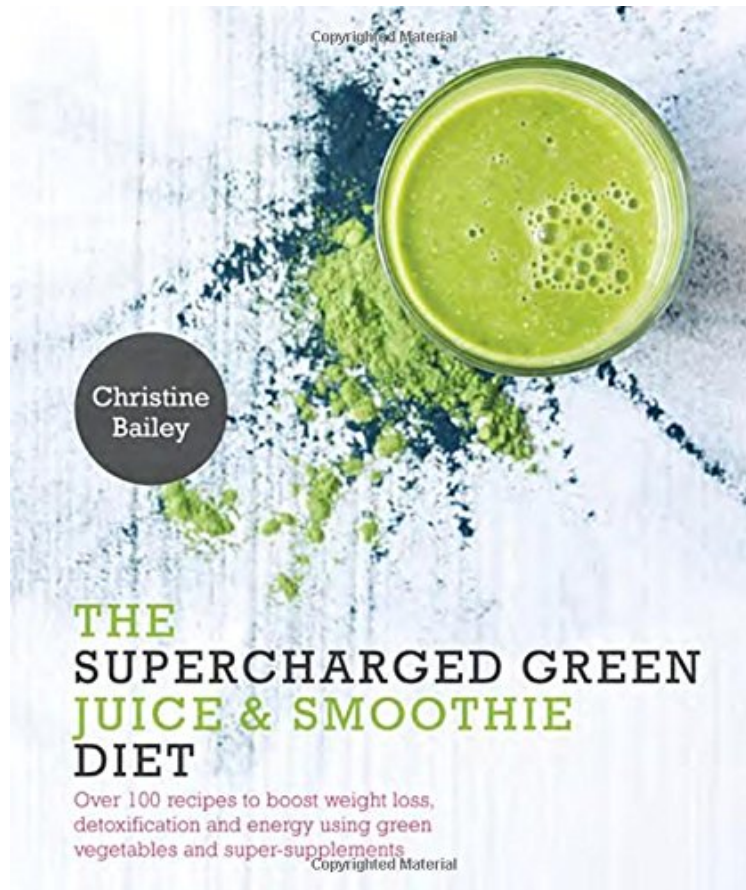


(Download pdf) Supercharged Green Juice Smoothie Diet: Over 100 Recipes to Boost Weight Loss, Detox and Energy Using Green Vegetables and Super-Supplements

Supercharged Green Juice Smoothie Diet: Over 100 Recipes to Boost Weight Loss, Detox and Energy Using Green Vegetables and Super-Supplements

Christine Bailey

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Christine Bailey : Supercharged Green Juice Smoothie Diet: Over 100 Recipes to Boost Weight Loss, Detox and Energy Using Green Vegetables and Super-Supplements before purchasing it in order to gauge whether or not it would be worth my time, and all praised Supercharged Green Juice Smoothie Diet: Over 100 Recipes to Boost Weight Loss, Detox and Energy Using Green Vegetables and Super-Supplements:

0 of 0 people found the following review helpful. Green Juice Lovers Unite! By @murielreadsbooks Part health guide, part recipes, and part diet plan: Green Juice Smoothie Diet is a handbook for jumping head first into a green drink lifestyle or just embarking on a quick detox. Christine Bailey makes drinking veggies easy. The 3 day detox includes recipes like "Deep Green" and "Minted Kale". They have relatively common ingredients with one supercharged food that might be a little more uncommon and require a trip to a health food store. The beginning of the book is a lesson in

the beginnings of green juice / smoothies and a glossary of all the things you may need for a supercharged storecupboard. The chapters are divided by how long you plan to try the Green Juice Smoothie Diet. Once you bought into the lifestyle there are plenty of more complex drinks to try. Note these juices and smoothies are not the fruity drinks you may used to, these pack in nutritional value. Interested in the green drink lifestyle? This book is for you.0 of 0 people found the following review helpful. The book offers great smoothie and juice recipesBy DreThe book offers great smoothie and juice recipes. Most of the recipes are simple fruits and veggies you could get at the grocery store. There are a good range of budget friendly recipes and time friendly recipes. I found most of the recipes to be very delicious. There's a great variety of sweet (fruity) and savory (veggie based) recipes. Prefect for on the go meals or quick snacks!I received an advance reader copy of this book thanks to NetGalley, in exchange for my honest and insightful review.

Green juices and smoothies are the go-to drink of the moment. They are fantastically healthy, packed with vitamins, minerals and phytonutrients. And they're also much better for you in terms of sugar content and balanced energy levels. Christine Bailey takes green juicing to a whole new level. Supercharged Green Juice Smoothie Diet is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Packed with nutrient-rich, health-boosting ingredients, each juice or smoothie contains at least one supercharged ingredient. These boosters include superfood powders such as acai berry powder (one of the most concentrated sources of antioxidants) or collagen powder supplement (brilliant for your skin), sea vegetables, seeds, bee products, berries, herbs and tinctures. Use the handy reference section at the back to quickly find recipes that will help you to lose weight, maximize energy levels, boost the immune system, combat ageing and look amazing. There is also a 2-day power-charged Superfood Juice Diet plan to set you on your way to looking fabulous as well as feeling great. Nutritionist and best-selling author Christine Bailey shows you how easy it is to make daily juices and smoothies, and explains the benefits of using green juices and supercharged ingredients for extra weight-loss and health-giving properties.

About the AuthorConsultant and Author with over 18 years of experience. She is the author of several previous titles including The Juice Diet and Nourish: The Cancer Care Cookbook, which was published in conjunction with one of the UK's leading holistic care centers. Bailey is a member of BANT (The British Association for Applied Nutrition and Nutritional Therapy), CNHC (Complementary Natural Healthcare Council) and is a Graduate member of the Institute of Functional Medicine (AFMCP). The author lives in UK.