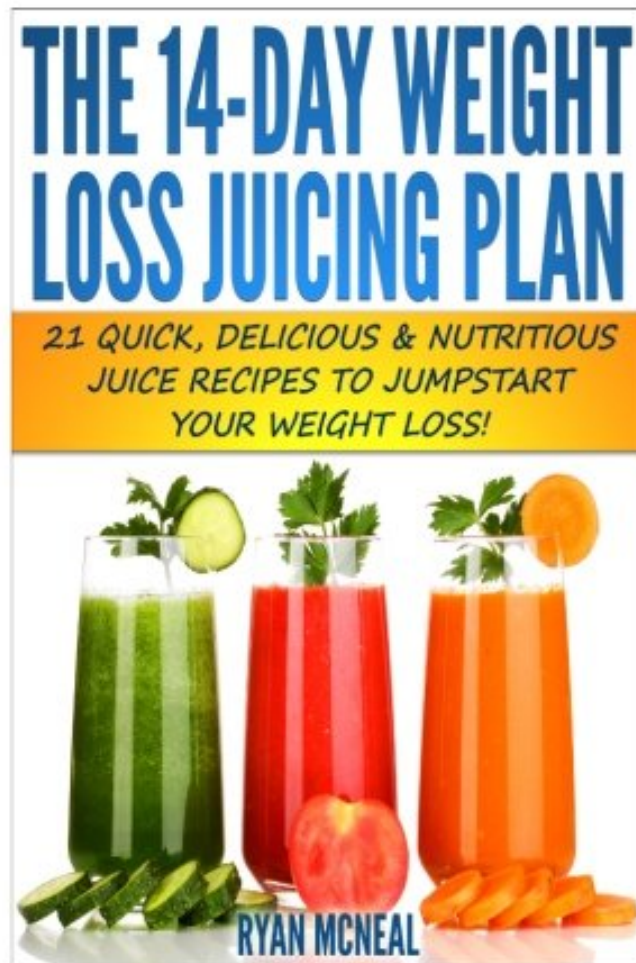


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## **The 14-Day Weight Loss Juicing Plan: 21 Quick, Delicious Nutritious Juice Recipes To Jumpstart Your Weight Loss!**

*Ryan McNeal*

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By Kicki Pallin Serby Let me first start by saying, this is truly an impressive guide to weight loss, health and well being. After having read Ryan McNeal's book I'm convinced that this weight loss plan would truly work and that the health benefits would be beyond my expectations. But this book is complete in many ways, it takes up research, powerful health benefits, storage, juicing equipment and so many other tips. And then you are provided with these amazing recipes with names like Afternoon Surprise, Energize me, Tropicana Delight and Sunset Sexy ... Yes, I definitely believe the author when he says that this will put an end to the era of vegetables and fruits being "bland, forgettable or yucky!"  
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By Bella I decided to go with this book because it gets right to the point! It explains things clearly and very easy recipes.

>>UPDATED: Best Selling In "Juicers Juicing"!!\*\*\*Lose Weight Naturally Through Juicing.. This short book will introduce you to the wonderful world of juicing as a means towards achieving your weight loss goals. Specifically, this book will deliver the following important ideas: You will learn how to identify which ingredients are suited for juicing. You'll quickly see from the recipes presented here that some ingredients appear more frequently than others because of their versatility and overall nutritive value. You will learn about the basics of juicing, from choosing the ingredients to preparing them, and then juicing them at home. You will be introduced to the nitty-gritty of deciding which equipment you need to buy. Do you need a blender or a juicer? Which type? At what cost? You will be given a 14-day weight loss plan that you can use for the next 14 days to get you started on juicing. After the first 14 days, the points from this book should be able to teach you how to embrace juicing for the long-term. A sample plan is well-and-good to get you started. A long-term plan for weight loss and embracing a healthier lifestyle requires that you learn the concepts and then apply them to suit your situation. That's how real and lasting lifestyle changes happen and this ebook should hopefully equip you with the knowledge to get you on the right track. See for yourself that juicing does not need to be an exact science in order for you to reap the benefits. This is a truly transformative concept because it will allow you to understand that you can actually make your own recipes depending on your preferences. The wonderful world of juicing awaits you. Come in and discover just how powerful this new health revolution is towards transforming your body and mind into a healthier, fitter, and more confident version of yourself! Join the Juicing Movement Today!>> Scroll Up And Grab Your Copy