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The Best Juicing Recipes for Weight Loss: Over 30 Healthy Fruit Vegetable Blends

Dale L. Roberts

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Over 30 Tasty and Simple Juicing Recipes for Weight Loss Learn How Juicing Fruits and Vegetables Is the Best Kept Secret to Losing Weight! “The Best Juicing Recipes for Weight Loss” is a collection of fresh juice recipes for anyone wanting to lose weight safely and effectively. It is a perfect companion for dieters who want to lose a few inches and pounds while keeping their body nourished, vibrant and healthy. “The Best Juicing Recipes for Weight Loss” contains: How to prepare the vegetables and fruits What food is ideal to make the best beverage How to cut bitterness with small changes An understanding of why juicing for weight loss is so effective How to get the most from every glass for losing weight When you should juice for optimal results Over 30 different juicer recipes for fruit and vegetable blends Tips to alter flavors to your taste Advice on how to save money when juicing Recipes that will suit all dietary lifestyles: vegans, vegetarians, AND meat-eaters And, much more! Included in this book is a glossary of ingredients that explains the benefits and how to utilize each recipe best. This glossary of ingredients gives a better understanding of why each fruit or vegetable is ideal for losing weight and maintaining a healthy lifestyle. “Green Smoothies for Weight Loss” is an excellent companion guide to Dale L. Roberts’ “The Best Juicing Recipes for Weight Loss.” Both work well together and will bring out the best in any weight loss program. Scroll to the Top of This Page and Click the “Buy Now” Button to Start TODAY!

About the AuthorMy name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE specialty certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health fitness goals. While my greatest passions are health fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.