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Skinny Juices: 101 Juice Recipes For Detox And Weight Loss



Synopsis

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.

Book Information

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Customer Reviews

I bought 6 copies of this book to give to several of my friends. Danielle explained very well the ins and outs of juicing - why juicing is good for you and the basics on how to juice fruits and vegetables. I bought a Jack Lalanne juicer from Costco several years ago and this book inspired me to pull it out of storage, fire it up and start juicing again. With 101 juice recipes, I will be able to add a ton of variety to my juicing plans. First one on my list is the Cucumber Cooler on page 132, because I have a ton of watermelon, cukes and mint in my garden ready to juice. I am so impressed with Danielle that I now follow her on her website and blog at www.foodconfidence.com. I hope she

keeps writing new books.

I'm learning so much about detoxing and what fruits and vegetables are good and bad. So informative! Good read!

I can't believe how easy-to-read and informative this book is! I've always been afraid of juicing because it seems so complicated, but this book really does a great job breaking it down and making it easy for the novice to understand. At the same time, the recipes are incredible and I feel like this book will motivate and empower me to take my healthy lifestyle to the next level. Highly recommend this book to anyone (novice or expert) - it doesn't disappoint! I also checked out Danielle Omar's information at www.FoodConfidence.com and can see why she has such a great following!

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