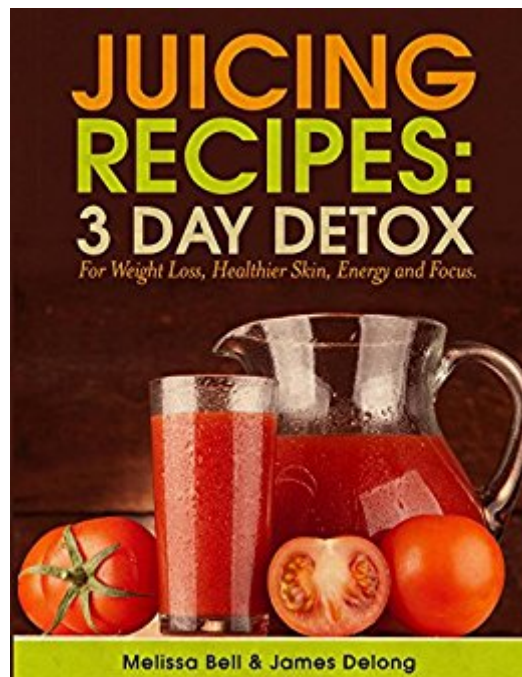




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# Juicing Recipes; 3 Day Detox For Weight Loss (Juice Recipes; 3 Day Detox Book 1)



## Synopsis

Juicing Recipes for Detox and Weight loss People who read this book also read The Reboot with Joe Juice Diet: Lose Weight, Get Healthy, And Feel Amazingâ • and If youâ™ve watched Joe Crossâ™ documentary Fat, Sick & Nearly Deadâ • then you know how inspiring his results were. Joe used juicing to jump start his health goals, weight-loss, and body transformation and you can too with a little guidance from Juicing Recipes authors Melissa and James. Everyday people just like you want to know the best ways to get started with juicing and detoxing and this is exactly what Melissa and James are here to help you do. Their 3-day detox series is designed to help you achieve the results youâ™ve long sought after. Youâ™ll find many juicing recipe books out there but unlike those, theirs provides you detailed steps on how to go about starting and completing your detox regimen in a healthy short 3-day time span. In each of their books they walk you through a specific process of what fruits and vegetables combination youâ™ll need, the prepping involved for before, during, and after your detox, along with a checklist on what to do during each day of your detoxing phase. If youâ™ve been searching for a step by step instructional juicing recipe book on detoxing that takes out all the guess work then stop wasting any more of your time and money and grab your copy today. Listen to what some of our readers had to say: This is a great book for those interested in juicing for health, weight loss, and for clearer skin! This book nicely explains why, when, and how to juice. The recipes are easy and delicious! This is definitely worth picking up when you are ready to adopt a juicing lifestyle! Brandi R. - [www.BrandiJRoberts.com](http://www.BrandiJRoberts.com) As someone who has tried a few juice fasts before, I can say that this book does a great job of explaining what to do and what to expect. It gave very practical advice for completing a juice fast. Rather than just throwing out a few recipes, like a lot of books do, they went further by giving a schedule along with those recipes so you know when to eat what. I definitely recommend it! Sandy Donovan - [www.ClearlyInfluential.com](http://www.ClearlyInfluential.com) I will be ordering this book for a few friends of mine who tend to go overboard on detoxes and can never finish one. The authors provide you with a lot of excellent information and make it easy to follow. They let you know what produce is best to buy organic, give you the shopping lists and recipes. You are even given suggested times to drink the juice. It is a truly doable juice detox and I really appreciate the advice on how to eat before and after the cleanse. I highly recommend this for anyone considering a juice detox cleanse. Angelica W. Now that you heard what others have said, download your copy today!

## Book Information

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## **Customer Reviews**

What an amazing book! Totally changed the way I relate to juicing, which I always considered to be too complicated and tedious. I always ended up feeling overwhelmed and defeated after attempting to make juicing a regular part of my regular diet, but the recipes in this book are easy and yummy, and the personal stories are a great touch, since I can totally relate to their struggles. I use a Nutri Bullet - rather than a juicer - to blend my drinks, and the juices still taste amazing... plus with the fibrous parts still included. My friends and family all borrow this book for juice prep ideas. This was most definitely a stellar purchase!

If your looking for another alternative to losing weight or cleaning out your system then Juicing Recipes: 3 Day Detox for Weight Loss is the way to go. The book gives you great recipes ideas and suggestions on how to loss weight in a healthy way. You will feel and look great all at the same time.

Just love this! Before reading this book I had no idea what juicing really was or how to get started.

Now I know what to do & am on my way to achieving my goals. You MUST download this like now like stop reading this & do it. You won't be sorry I promise!

Excellent book and easy to read! I have done the master cleanse and a few more juicing fads. This book makes it easier to read, to On my way! What to expect, an easy step by step time line for you to follows

Melissa has done a fantastic job of recipes and putting together foods that really work together! I would recommend this to anyone trying to eat clean and healthy and get well in their body!

My weight loss had hit a dead end. Then I used two juice recipes from this book and after 6 days of juicing I lost 15 pounds!!!! It gave me the push I needed. It's my weight loss bible!!

The recipes are easy and delicious. This book makes doing a detox a no brainier. The shopping list and meal plans they provide are an awesome surprise bonus.

Brilliant 3 day detox! Perfect for my busy life style. I love the juicing recipes and the tips to help me stay active, healthy, and focused!

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