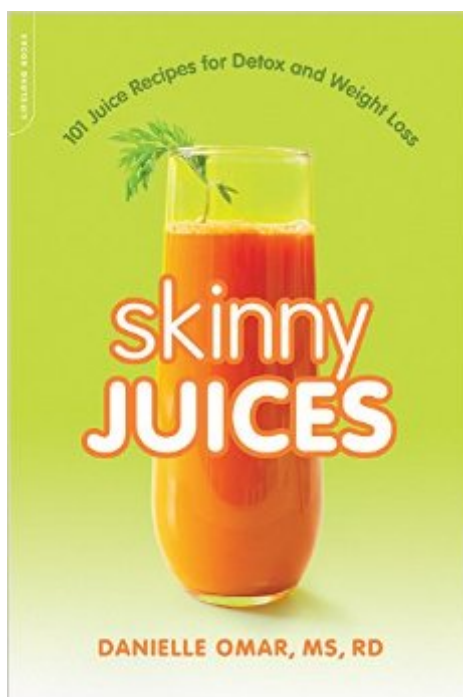


The book was found

# 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

Paperback: 264 pages

Publisher: Da Capo Lifelong Books (July 1, 2014)

Language: English

ISBN-10: 0738217573

ISBN-13: 978-0738217574

Product Dimensions: 1 x 6 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars — See all reviews (3 customer reviews)

Best Sellers Rank: #987,987 in Books (See Top 100 in Books) #132 in Books > Cookbooks,

Food & Wine > Kitchen Appliances > Juicers #751 in Books > Cookbooks, Food & Wine >

Beverages & Wine > Juices & Smoothies #957 in Books > Health, Fitness & Dieting > Diets &

Weight Loss > Detoxes & Cleanses

## 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](http://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](http://www.FoodConfidence.com) and can see why she has such a great following!

[Download to continue reading...](#)

Skinny Juices: 101 Juice Recipes for Detox and Weight Loss Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight

Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Complete Vitamix Blender Cookbook:: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, ... More (Vitamix Blender Recipes) (Volume 1) Best 50 Clean Eating Salad Recipes for Quick Weight Loss & Detox: Delicious & Healthy Recipes Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) The Juiceman's Power of Juicing: Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief from Scores of Common Ailments Juicing for Beginners: Complete Juicing Start Up Guide and Nutrition Book with 100+ Juicing Recipes for Health, Weight Loss, Energy, Detox and More Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7)

[Dmca](#)