



The Juicing Recipes Book: 150 Healthy Juicer Recipes to Unleash the Nutritional Power of Your Juicing Machine

Mendocino Press

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Get the Most out of Your Juicer with Over 150 Delicious Juicer Recipes

Boost your health using the power of your juicer machine with *The Juicer Recipes Book*. *The Juicer Recipes Book* will help you start juicing without feeling overwhelmed, giving you the best juicer recipes to get the maximum benefit of your juicer. This quick-start guide organizes the best juicer recipes according to their purpose, so you can get your body in top shape, lose weight, increase your energy, or detox your system. If you haven't bought your juicer yet, *The Juicer Recipes Book* gives you the lowdown on the three main juicer types, so you can make the wisest choice for your specific health needs.

The Juicer Recipes Book will make it easy to start using your juicer today, with:

- 151 nutrient-packed juicer recipes, such as Spicy Tomato, Citrus Energy, Complexion Helper, and Peach-Strawberry Nectar
- Juicer recipes specially designed for everything from cleansing and digestive health to weight loss and alkalization
- Useful nutritional breakdowns for each recipe
- Handy reference chart with 63 types of produce and how to prep them for your juicer recipes
- A buyer's guide for choosing the type of juicer that fits your lifestyle best

The Juicer Recipes Book will give you everything you need to unlock the full benefit of your juicer machine.

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Sharon Garon:

What is your hobby? Have you heard which question when you got pupils? We believe that that question was given by teacher on their students. Many kinds of hobby, Every person has different hobby. And you also know that little person similar to reading or as examining become their hobby. You should know that reading is very important as well as book as to be the factor. Book is important thing to increase you

knowledge, except your own teacher or lecturer. You discover good news or update with regards to something by book. Amount types of books that can you choose to use be your object. One of them is niagra The Juicing Recipes Book: 150 Healthy Juicer Recipes to Unleash the Nutritional Power of Your Juicing Machine.

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