

60 Juice Cleanse Juicing Recipes & Body Cleanse Recipes

by

Mary Thompson



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Synopsis

This is a compilation of 3 books. This compilation includes: Book 1: Book 1: Clean Eating Book 2: 16 Blender Recipes For Smoothie Diet & Detox Diet Book 3: Book 3: Book 6: Juicing Recipes For Vitality & Health From one of America's most passionate advocates of turning common & sick making food choice into a healthy & balanced lifestyle that includes 5 minute quick & effortless to make, tasty, healthy, vitality and energy boosting smoothies & juices. Juliana Baldec is combining smoothies, juices, her secret morning elixir, that she is going to share with you inside & a light meal plan and has lost 40 pounds within 60 days. Consuming a combination of these smoothies and juicing recipes will help your body get rid of sick making toxins, boost your vitality & energy, get rid of nasty body conditions like Asthma, rejuvenate your body, provide your body with a natural immune system, detoxify & clean your body, turn your body into a lean body, shed pounds & more...

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About the AuthorLos Angeles food writer Helene Siegel has written more than 40 cookbooks for a variety of tastes, including the Food Network's Too Hot Tamales, Pure Chocolate, and the bestselling Totally Cookbook series.Karen Gillingham is the author of Totally Garlic Cookbook, Totally Eggplant Cookbook, Totally Crab Cookbook, Totally Pizza Cookbook, Totally Corn Cookbook, and many other books. --This text refers to an out of print or unavailable edition of this title.

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