



# **Skinny Juices: 101 Juice Recipes for Detox and Weight Loss**

*Danielle Omar*

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**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 plan

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.

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### **From reader reviews:**

#### **Gayle Collins:**

Here thing why that Skinny Juices: 101 Juice Recipes for Detox and Weight Loss are different and trusted to be yours. First of all reading through a book is good however it depends in the content than it which is the content is as delightful as food or not. Skinny Juices: 101 Juice Recipes for Detox and Weight Loss giving you information deeper including different ways, you can find any reserve out there but there is no book that similar with Skinny Juices: 101 Juice Recipes for Detox and Weight Loss. It gives you thrill reading through journey, its open up your own personal eyes about the thing that will happened in the world which is maybe can be happened around you. It is easy to bring everywhere like in playground, café, or even in your approach home by train. For anyone who is having difficulties in bringing the paper book maybe the form of Skinny Juices: 101 Juice Recipes for Detox and Weight Loss in e-book can be your choice.

#### **Katie Duffy:**

Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could be reading a book might be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try out look for book, may be the publication untitled Skinny Juices: 101 Juice Recipes for Detox and Weight Loss can be good book to read. May be it is usually best activity to you.

#### **Cindy Coleman:**

A lot of people always spent their particular free time to vacation or go to the outside with them family or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you read you can spent all day long to reading a e-book. The book Skinny Juices: 101 Juice Recipes for Detox and Weight Loss it doesn't matter what good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore simply to read this book through your smart phone. The price is not to fund but this book features high quality.

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