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Skinny Juices: 101 Juice Recipes for Detox and Weight Loss

By Danielle Omar

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Skinny Juices: 101 Juice Recipes for Detox and Weight Loss, Danielle Omar, 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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