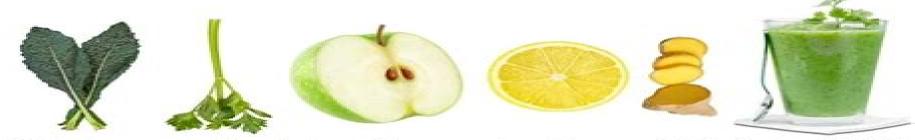
JUICING 101



1-2 beets + 4 carrots + 1/2 pineapple + 2 oranges = IMMUNITY



1/2 cantaloupe + 1 cucumber + 4-5 cups spinach + 1 bunch mint + 2 limes = ENERGY



6-8 kale leaves + 4 celery stalks + 2 green apples + 1 lemon + 3-4 in ginger = DETOX

hello glow

Diet Zone Dieting Recipes Plus Juicing Goodness

Dominique Livkamal

Diet Zone Dieting Recipes Plus Juicing Goodness:

Diet Zone: Dieting Recipes plus Juicing Goodness Denise Lee, Jean Reed, 2013-09-30 Diet Zone Dieting Recipes plus Juicing Goodness The Diet Zone book encompasses two diet plans the Juicing Diet and a Basic Weight Loss diet plan Dieting Cookbook Each of these diets helps to target the body to set up for becoming healthier through dieting for weight loss in particular The juicing diet helps to cleanse the body and is a perfect prelude to the basic weight loss diet plan Using this book as a whole makes sense if you first wish to cleanse and detox the body through juicing and then go on the weight loss plan by eating healthy whole and nutritious foods The first section of the Diet Zone book covers the juicing diet with these categories Juicing Guide What is the Juicing Benefits of Juicing Helpful Tips to Simplify Juicing for Weight Loss Delicious Juicing Recipes for Any Meal and Your 7 Day Juicing Diet Meal Plan A sampling of the recipes includes Body Cleansing Celery Juice Recipe Orange Mango Juice Recipe Blueberry and Pomegranate fruit Juice Recipe Lime Spinach Juice Recipe Tasty Morning Apple and Carrot Juice Recipe V 8 Flavored Juice Recipe Green Juice with a Hint of Sweetness Recipe Tangy Grapefruit Carrot Juice Recipe and Bone Building Kale Juice Recipe The second section of the Diet Zone book covers the dieting cookbook with these categories Low Fat Recipes The Basic Weight Loss Recipes Low Carbohydrate Recipes Somewhat Misunderstood but Very Helpful for Weight Loss Muscle Building Recipes to Boost the Metabolism Fish Recipes to Lose Weight Raw Food Diet Recipes for the Daring Vegetarian and Vegan Recipes for Weight Loss Paleolithic Diet Recipes Turning Back the Clock A Lot Breakfast Recipes for Weight Loss Desserts for the Diet Conscious and a Five Day Sample Meal Plan A sampling of the included recipes are Apple and Blueberry Cobbler and Eggs Benedict Italian Style The Drop **Zone Diet** Jeannette Jackson, 2013-01-03 With Jeannette Jackson's The Drop Zone Diet you'll lose an incredible 14 pounds in 14 days It's rapid it's intense and IT WORKS I designed the Drop Zone Diet as a scientist I wrote it as a woman Jeannette Jackson It's the celebrity secret it's the diet originally designed for celebrities and models looking to shed the weight fast for a photoshoot or casting The Drop Zone Diet offers you Intelligent Nutrition as biochemist Jeannette Jackson combines foods with minimal calories but with maximal nutritional value to blast the pounds away and make you look and feel amazing It works with your body leaving you vibrant energised and radiant from the inside out After dropping a whopping 14lbs in 14 days you ll be in fabulous shape and motivated to transform your health and wellness long term With an easy to follow guide to the science behind dieting and some fantastic and fool proof advice it s the once and for all plan to end the yo yo dieting cycle With The Drop Zone Diet there s no need for gimmicks calorie counting classes or sponsors You just need you passionate prepped and ready to change your life once and for all and a little help from Jeannette Jackson of course It s time to get in the zone Jeannette Jackson is a nutritional biochemist regularly appearing in the media as a health and nutrition expert Of note she is the resident expert on Sky Living's Bigger Than series as well as working on Claire Richard from Steps Slave to Food documentary She also speaks at conferences advising on how to improve staff productivity and performance

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