



The Juice Cleanse: 101 Healthy Juicing Recipes for Weight Loss (Paperback)

By J J Lewis

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Looking to lose weight but find it hard to achieve? Do you enjoy a nice glass of juice? How would you feel if you could lose weight while enjoying a glass of juice? JJ Lewis The Juice Cleanse is the right book for you! With JJ s book, you ll learn simple juices that will not only quench your thirst, but lower down your weight! JJ is a highly decorated chef and author of several cookbooks. She s published bestselling cookbooks and contributed to countless recipe collections. Her recipes focus on healthy dishes that promotes physical wellness. She s an innovator who loves to try out new combinations of flavors and nutrient mix, while targeting specific physical conditions. She s undergone a lot of training and has attended classes with many of world s best cooks. The Juice Cleanse recipe book has some great recipes for juices that promote weight loss! This recipe book by JJ Lewis offers one hundred and one different juice recipes! Here, a variety of fruits and vegetables, and other healthy...



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