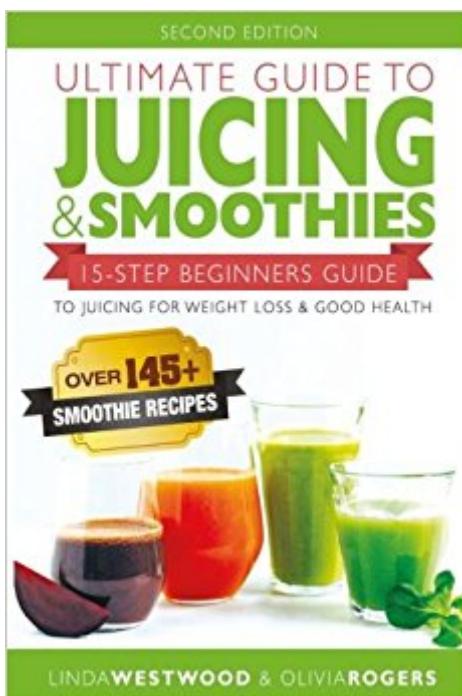


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# **Ultimate Guide To Juicing & Smoothies: 15-Step Beginners Guide To Juicing For Weight Loss & Good Health (BONUS: Over 145+ Smoothie Recipes)**



## Synopsis

This Is The #1 Guide for Juicing & Smoothies - Includes 15 Steps to Get Started PLUS BONUS 145+ Smoothie Recipes!FREE BONUS INCLUDED: If you download this book, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick & Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules!From the best-selling weight loss author, Linda Westwood, comes Ultimate Guide to Juicing & Smoothies: 15-Step Beginners Guide to Juicing for Weight Loss & Good Health (BONUS: Over 145+ Smoothie Recipes)! This book will help you change your life and your health forever!If you are trying to lose weight, but can't see any results...If you're constantly feeling tired, lazy, or lethargic throughout the day...Or do you want to feel and look more healthy than you have in years...THIS BOOK IS FOR YOU!This book provides you with an easy-to-follow 15-step beginners guide to juicing, PLUS a HUGE BONUS of OVER 145 smoothie recipes that have been specially put together for weight loss and boosting health!It comes with tons of information, great recipes, and actionable steps to implement the plan IMMEDIATELY into your life!If you successfully implement the advice in this book and begin to consume a few smoothies and juices each week, you will...\* Start losing weight without working out as hard\* Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat\* Say goodbye to inches off your waist and other hard-to-lose areas\* Learn how you can live a healthier lifestyle without trying\* Transform your body and mind in less than 3 weeks\* Get excited about eating healthy and working out - EVERY TIME!Tags: juicing, juicing recipes, juicing weight loss, smoothies for weight loss, smoothies, green smoothies, smoothie recipes

## Book Information

Paperback: 128 pages

Publisher: CreateSpace Independent Publishing Platform; 2 edition (May 2, 2015)

Language: English

ISBN-10: 1532812175

ISBN-13: 978-1532812170

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 34 customer reviews

Best Sellers Rank: #559,200 in Books (See Top 100 in Books) #65 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #404 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

## Customer Reviews

"My friends recommended this book to me and reading this book is such a great choice. This book contains recipes that are easy to make. Two thumbs up! Fantastic book!"-- Alesha F."I enjoy a good healthy smoothie but haven't had much luck find good recipes. This book is chock full of them. Not only are there recipes for the smoothies but there is also a ton of good information on how to improve your health and lifestyle in general. I would recommend this book to anyone looking for a better lifestyle."-- Ziggy Cheshire"Wow! This book is a must! Linda Westwood has mastered yet another great book on health and diet! I absolutely recommend it to everyone who either would like to detox, lose weight or just begin a healthy day!"-- Demetra S. Gerontakis"I have always been a little skeptical of smoothies because I have a thing for delicious food. It was my doctor who recommended me to buy this book as he said, it would change my opinion on smoothies. True to his words, I am now hooked to green smoothies and I love having them all the time. Needless to add, it has helped my health too. Love it!"-- Alan K."This is a great smoothie recipe book! The author gives us a detailed recipe list with a list of health benefits for each. I really appreciate all the effort that went into this book and I will definitely come back to it! Would recommend to all the smoothie lovers out there!"-- Patrick Gabo

Linda Westwood is a #1 Best Selling author of various books about weight loss, dieting, exercise programs, and everything nutrition. In her books, Linda provides daily action plans and fantastic advice on how to lose weight, burning fat in those hard to lose areas, better eating habits, morning rituals that lead to a healthy body, and so much more.

Squeezing is extremely straightforward, quick and advantageous. It is one the most ideal approaches to give the body the supplements it needs to work ideally. This book is finished bundle of aggregate wellbeing minding like enhance wellbeing condition, weight reduction. The formulas of this book is truly smoothie, brilliant and heavenly which truly gives a great and gainful outcomes on our whole wellbeing. By and large, it's only an incredible.

Wow! This book has lot of recipes and they are not just tasty but it is to maintain our healthy body. It also gave me so much information on juicing that I did not know. Useful, great and healthy recipes. Fantastic guide. Thanks Linda.

This book is really amazing and useful book. I learn lots of health juice through this book.. Simply

super. Highly recommended. Boost to buy it

Smoothies are probably one of my favorites. And I would love to try the juicing and smoothies at home but I've been thinking of how to start. And this book is the ultimate guide for both. I like how this book is really for beginners because it helps you decide what best, popular juicer that you can purchase. What you cannot juice. How to wisely pick a fruit. And going organic juicing is the best of all. Smoothies recipes are great. Worth trying and of course a total keepsake!

This book was a great read. It has a lot of info about what will help you burn fat and increase your energy. I am looking for a healthy way to lose weight and this book has helped me make the decision to include these smoothie recipes in my weight loss plan. This book motivated me and kept me focused on my goal to lose a few extra pounds. The recipes are refreshing. A must read for those who want to bring about a healthy change to their routine.

I really enjoyed this new book by Linda Westwood. Although I already knew a lot about smoothies in general, the book had a lot of great information and recipes about green smoothies that was new to me. So - highly recommended. Jake

Green smoothies?! Yum! This book contains great recipes for healthy smoothies. Its easy to follow and easy to make. It has a lot of tips and insight on these drinks and made easy for beginners. Give this book a try.

This book is awesome. I love smoothies there easy to make and the fit my fast paced lifestyle. The recipes in this book are so yummy. I really liked the way the author took the time to explain the benefits of each smoothy for all those who need to know. I recommend this book to anyone who likes smoothies or wants to try some highly nutritious alternatives to cooking!

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(healthy food for everyday Book 5) Ultimate Guide to Juicing & Smoothies: 15-Step Beginners Guide to Juicing for Weight Loss & Good Health (BONUS: Over 145+ Smoothie Recipes) JUICING RECIPES: The Juicing for Health Complete Guide (120 RECIPES): juicing, juicing detox, juicing for weight loss, juicing for beginners, juicing diet, juice diet, juice recipes, juicing books Juicing: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing) Juicing: Juicing for Weight Loss: Refreshing Juicing Recipes for Weight Loss, Health and Vitality (Over 30 Delicious Juicing Recipes for Beginners) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes,Juicer Recipes Book, Juicer Books,Juicer Recipes,Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health The Juicing and Smoothie Recipe Book: The Complete Guide to Healthy Juices & Smoothies â “ Easy recipes for Weight Loss & Cleanses â “ Suitable for the Nutribullet, ... Ninja and Vitamix (Juicing for Beginners) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing Detox, ... Cancer Cure, Diabetes Cure, Blending) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid

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