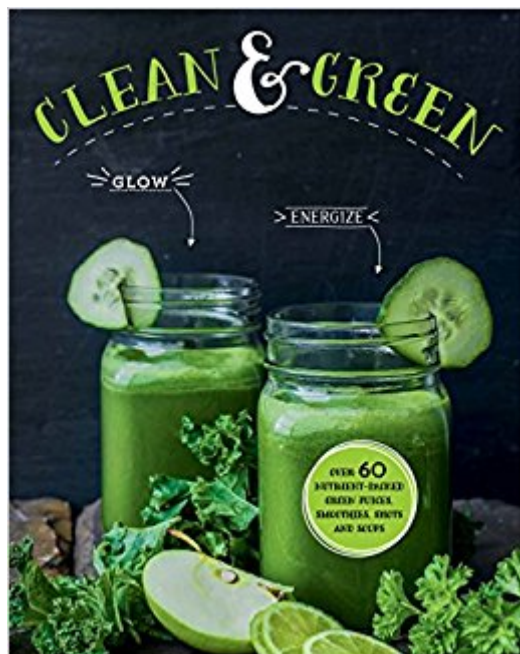


The book was found

Clean & Green



Synopsis

Science has proven that green leafy vegetables and fruit knock all others off the top spot for their spectacular concentration of phytonutrients, vitamins, and fiber, and the quickest way to get an instant boost of these healthy greens is in a juice or smoothie. Packed with raw, whole vegetables and fruit, as well as herbs, spices, and healthy fats, these fabulous recipes are literally a health boost in a glass -- or bowl. If you juice regularly, you'll be getting all the essential vitamins, antioxidants, and minerals that you need. Whether you're trying to get in shape, boost your general health, or give your body a deeply nourishing cleanse, incorporating green juices and smoothies into your diet is the simplest and most effective way to eat clean and green!

Book Information

Hardcover: 128 pages

Publisher: Parragon Books; 1 edition (April 24, 2015)

Language: English

ISBN-10: 1472389379

ISBN-13: 978-1472389374

Product Dimensions: 8.2 x 0.6 x 10.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #806,669 in Books (See Top 100 in Books) #125 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders](#) #555 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#) #768 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#)

Customer Reviews

In 2007 Parragon launched global cookbook brand, Love Food. Our aim has always been to publish cookbooks that combine delicious, reliable and accessible recipes with stunning photography and design. We work with a talented collection of food writers and photographers to create quality books that inspire, excite, and encourage everyone to have fun in the kitchen! Judith Wills has written more best-selling food, diet, and healthy lifestyle titles than any other British author. Wills has written for most of the UK's major publications and websites, including The Daily Mail, The Mail on Sunday, Good Housekeeping, Marie Claire and Saga magazine. She has made more than 100 TV appearances and over 600 radio broadcasts, and is often known online as The Diet Detective".

So well put together, and simple. Thank you

Although I did not purchase this book from , it is a marvelous book with lots of good recipes . Some of my favorites are the Mint Rejuvenator it is good for the liver , kidney and helps lower cholesterol, The Green Envy is very good , The Green Cleaner is excellent , i'm not a fan of Avocado but in this recipe i did not taste it at all and juice was excellent , last but not least the Fennel Flush , it was my first time ever buying Fennel let alone putting it into a juice , but i was really good , I was surprised if you purchase this book and is serious about going GREEN, you will not be disappointed with this book.

Excellent !!!!

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Wipe Clean: Learning Sight Words: Includes a Wipe-Clean Pen and Flash Cards! (Wipe Clean Learning Books) Wipe Clean: First 100 Words (Enclosed Spiral Binding): Includes Wipe Clean Pen (Wipe Clean Workbooks) Clean Green Eats: 100+ Clean-Eating Recipes to Improve Your Whole Life LEED v4 Green Associate Exam Guide (LEED GA): Comprehensive Study Materials, Sample Questions, Green Building LEED Certification, and Sustainability (Green Associate Exam Guide Series) (Volume 1) LEED GA MOCK EXAMS (LEED v4): Questions, Answers, and Explanations: A Must-Have for the LEED Green Associate Exam, Green Building LEED Certification, ... Green Associate Exam Guide Series (Volume 2) Green Cheeked Conure parrots as pets. Green Cheek Conure Keeping, Care, Housing, Pros and Cons, Health and Diet. Green Cheek Conure parrot owners manual. Hal Jordan and the Green Lantern Corps Vol. 3: Quest for Hope (Rebirth) (Green Lantern - Hal Jordan and the Green Lantern Corps (Rebi) 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) Michelin the Green Guide Dordogne Berry Limousin (Michelin Green Guide: Dordogne, Berry, Limousin (Green Guide/Michelin) Clean Eating Bowls: 100 Real Food Recipes for

Eating Clean Clean Eating Made Simple: A Healthy Cookbook with Delicious Whole-Food Recipes
for Eating Clean Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean
MEAL PREP: The Beginner's Guide to Meal Prep and Clean Eating for Busy People to
Lose Weight and Save Time (low carb diet, clean eating, batch cooking, weight loss,meal
planning,healthy cookbook) Clean Eating: 70 Delicious & Nutritious Clean Eating Mediterranean
Diet Recipes for Weight Loss & Health Wipe Clean Workbook Tracing and Pen Control (Wipe Clean
Workbooks) Wipe Clean: Early Learning Activity Book (Wipe Clean Early Learning Activity Books)
Wipe Clean: Letters (Wipe Clean Learning Books)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)