



Green Juicing Diet: Green Juice Detox Plan for Beginners-Includes Green Smoothies and Green Juice Recipes

John Chatham

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#1 Amazon Bestseller in Cookbooks, Food & Wine

Discover optimal health on a green juice diet.

Green juice recipes are not only an easy and delicious way to get your daily intake of vitamins and minerals, but drinking green juice from fruits and vegetables is proven to significantly reduce your risk of cancer and other chronic diseases. A green juice diet is one of the most beneficial types of diets, with flavorful green juice recipes high in necessary nutrients and healing antioxidants.

Whether you are looking to lose weight, cleanse your system or are seeking a daily health supplement, the *Green Juicing Diet* provides a nutritional path to a healthier you through the power of green juice.

The Green Juicing Diet will show you how to maximize your health through green juice recipes, with:

- Dozens of easy and delicious green juice and green smoothie recipes
- Step-by-step guidance for starting your own green juice cleanse
- Dozens of quick and easy green juice and green smoothie recipes to detox, lose weight, and boost your immunity
- Advice on improving hair and skin health through the healing benefits of juicing fruits, vegetables, herbs, and spices

Green Juicing Diet: Green Juice Detox Plan for Beginners is a quick and delicious way to lose weight, improve health, boost immunity, and feel more energized.

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