

(Mobile book) The Juice Junkie: Real Life Tips and Tricks for Juicing

The Juice Junkie: Real Life Tips and Tricks for Juicing

Kristen Torgerson

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Kristen Torgerson : The Juice Junkie: Real Life Tips and Tricks for Juicing before purchasing it in order to gage whether or not it would be worth my time, and all praised The Juice Junkie: Real Life Tips and Tricks for Juicing:

1 of 1 people found the following review helpful. Blending up tips, tricks and a juicy squeeze of inspirationBy Laura RobertsWhat the heck is juicing, and why should I do it? What's the difference between juicing and blending? Why would I want to juice my food instead of eating it whole?If you've ever asked yourself these kinds of questions, the The Juice Junkie's new book is just for you.Kristen Torgerson details her journey from non-juicer to Juice Junkie in

this short, readable book, explaining why juicing is such a great way to boost your energy and get more nutrition from your food. She even includes great recipes that will help you become a juice junkie too! As someone who's never juiced nor indulged in the smoothie craze, I was curious to find out more about juicing from Kristen. But even if you've been juicing for years, you're sure to find something interesting in her book. After all, juicing isn't just for the muscle men at the gym - it's for everyone looking to improve their diet, naturally. Thanks, Kristen, for introducing me to the juicing lifestyle. Now I just need to find a juicer and give these recipes a whirl!

1 of 1 people found the following review helpful. **Want To Juice But Have No Idea Where To Start? Buy This Book!** By TravelGal
First off you should realize that this is not just another juicing recipe book. There are plenty of those. This is actually a book on what juicing is for the layman, and how to get started juicing for the first time. I found that very refreshing (no pun intended). The writer kept you engaged while she was educating you. That can be very hard to do. I especially liked the money and time saving tips, along with shopping tips. She encourages you to shop outside your chain grocery store; that you would be surprised at what farm-fresh veggies and fruits really look like. She said she has come across carrots the size of cucumbers and celery so dark green, that grocery store celery looks bleached to her now. But don't worry, there are a few recipes at the end of the book for those of you who want that. I tried the sweet potato dream. Delish!

0 of 0 people found the following review helpful. **A Good Beginner's Guide to Juicing** By Rosemary O'Leary
There is a lot of good advice for the person who is new to the whole concept of juicing for improved health. I have been juicing for years, so much of the guidance is preaching to the converted, although, I did find a few very useful tips like how to make your own organic fruit and veggie wash. I feel that the recipe section is a little too short; nevertheless, it has some really unusual and delicious juice recipes to try out. For the beginner, *The Juice Junkie* provides a good introduction to juicing as it examines equipment needed, the preparation your fruit and vegetables, where to shop for the best deals, juice fasting, and the like.

Do you want to Juice but aren't sure exactly how to get started? Do you like Juicing, but wish it could be quicker, easier, and cheaper? Do you need motivation to change your life, and inspire others? Kristen Torgerson, author of *The Juice Junkie*, has created a guidebook to lead you down the path towards better nutrition and finding true health. In a simple and engaging format, *The Juice Junkie* shares her personal experiences and inspiration, providing juicing know-how for the beginner all the way up to the most seasoned juicers. What can you find in *The Juice Junkie* book? - Kristen's main source of inspiration and motivation - The basic how-to's and insider tips detailing exactly how to juice - Methods of juicing, fasting vs. supplemental - Tips and tricks for making juicing faster, easier, and cheaper - Exciting new juice recipes to impress your friends and family Don't be surprised if you go Juice Crazy, as a side effect of reading! Learn to juice like a pro! Learn to think like a juicing success story!

"I've been interested in juicing and was looking for the perfect book to get me started - mission accomplished! This book is a must have for all those either experienced or novice juicers." "This conversational guide to juicing makes it easy to move from being curious ..., to deciding that, yes, I can indeed drink something GREEN and like it. " "If Kristen's goal is to get more people interested in juicing, then she has achieved it in spades! Kristen approaches this topic--one that she is incredibly knowledgeable of--with a sense of optimism, a total lack of pretension, and humor. She is able to explain why juicing could be an effective means of improving your health and also provides delicious sounding recipes..." "Kristen Torgerson details her journey from non-juicer to Juice Junkie in this short, readable book, explaining why juicing is such a great way to boost your energy and get more nutrition from your food. She even includes great recipes that will help you become a juice junkie too! As someone who's never juiced nor indulged in the smoothie craze, I was curious to find out more about juicing from Kristen. But even if you've been juicing for years, you're sure to find something interesting in her book. After all, juicing isn't just for the muscle men at the gym - it's for everyone looking to improve their diet, naturally." "First off you should realize that this is not just another juicing recipe book. There are plenty of those. This is actually a book on what juicing is for the layman, and how to get started juicing for the first time. I found that very refreshing (no pun intended). The writer kept you engaged while she was educating you. That can be very hard to do. I especially liked the money and time saving tips, along with shopping tips." "The author's breezy, enthusiastic writing style made it an easy read. She offers a lot of encouragement along the way. She even offers a Starter Guide to download to help you plan your juicing journey."