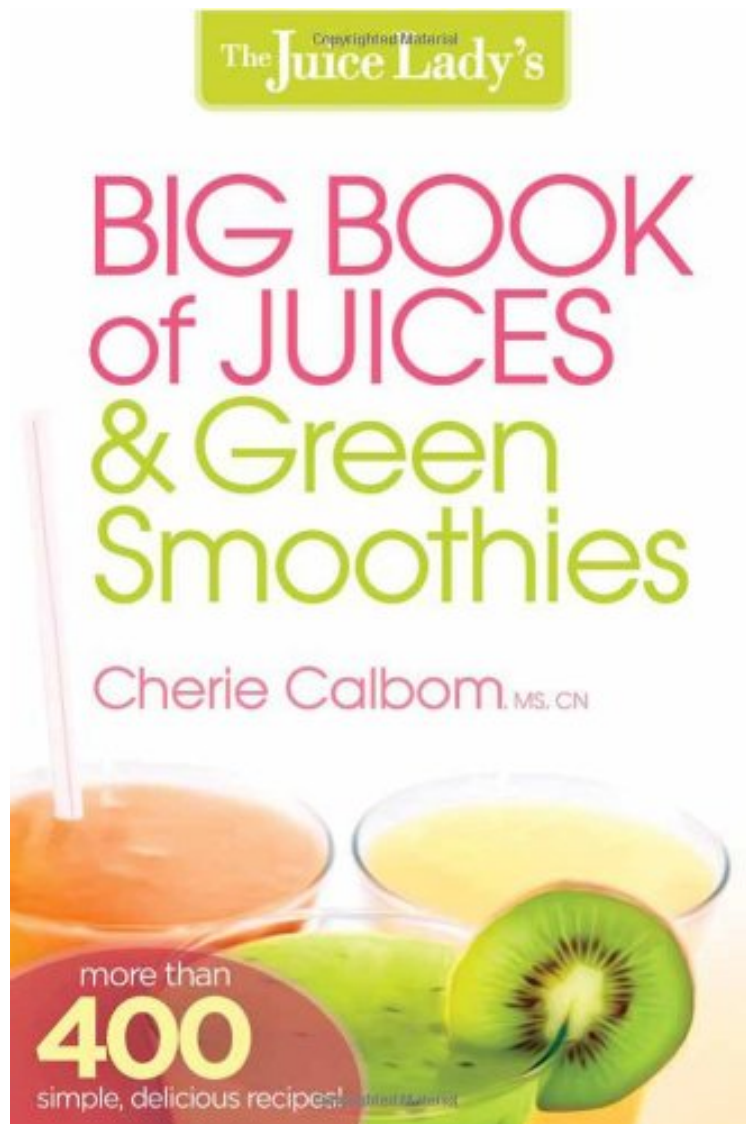


[Download] The Juice Lady's Big Book of Juices and Green Smoothies: More Than 400 Simple, Delicious Recipes!

The Juice Lady's Big Book of Juices and Green Smoothies: More Than 400 Simple, Delicious Recipes!

Cherie Calbom

*ePub | *DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#174118 in Books Charisma Media Company 2013-01-08 Original language: English PDF # 1 9.00 x .53 x 6.00l, .95 #File Name: 162136030X208 pages Charisma Media | File size: 24.Mb

Cherie Calbom : The Juice Lady's Big Book of Juices and Green Smoothies: More Than 400 Simple, Delicious Recipes! before purchasing it in order to gage whether or not it would be worth my time, and all praised The Juice Lady's Big Book of Juices and Green Smoothies: More Than 400 Simple, Delicious Recipes!:

2 of 2 people found the following review helpful. I LOVE this book! By Violatte My main problem is that I have ZERO

creativity when it comes to food, and I sure didn't want to either have to stick to the same old 2 or 3 tried and true juice combinations, or try things that ended up being yuck, and thus waste my money, I wasn't that thrilled about the book -- but I want to start juicing, and I thought "400 recipes - that should serve me pretty well." So I bought it. It's fantastic. I don't remember when -- or if -- I've ever been this excited about any book on any subject. Really. It has an incredible array of recipes -- as promised -- and they all look just delicious. They're arranged in several chapters -- Simple Juice Recipes, Gourmet and Exotic Juice Blends, Green Juice Recipes, Yummy Fruit Juice Blends, Old Favorites, Juice Remedies and Rejuvenators, and the Green Smoothies chapter. I've so far only tried one recipe, and it was so good I had to come back to it today, and that was the Chai Green Smoothie -- absolute heaven!! Most of the other recipes I've skimmed look equally delicious, so I'm really pleased I bought this book. There's also an introductory chapter, "All About Juicing." I doubt I'll be interested in any other juice or smoothie books for a good, long time -- which to me makes this a really good investment. I can't imagine anyone wouldn't really appreciate this book. Oh, it's also pretty. While I'm not crazy about the cover design, the inside is gorgeous. The different chapters have their own pretty pastel colors across the top of each page so it's easy to navigate to the section you want, and there are beautiful photos of fruits, juices, etc. are used throughout. Very pretty.

1 of 1 people found the following review helpful. Tasty Recipes for Juicing By HappyRetiree I purchased the Kindle version of this book earlier this week, and I am already enjoying it. I tried juicing before, but many of the recipes I found were not very good and made it hard to continue. Cherie approaches juicing with an introduction phase, with recipes that get you acclimated to the juicing process without turning you off, then gradually adds in other, more complex mixtures. I'm only in the introduction set of recipes this week and have tried four of them so far, but have actually enjoyed every single one of them, much to my surprise! It's nice to know I can get my daily supply of fruits and vegetables so easily and it actually taste good. My husband has even gotten on board! I hate beets and I hate carrots, but even managed to get them in with a recipe she has, and it was really pretty good. It encourages me to continue, and I look forward to gradually easing in to juicing this time to make it a long-term commitment.

2 of 2 people found the following review helpful. Perfect compliment to the phase one diet by Doug Kauffman By danimal57 Perfect compliment to the phase one diet by Doug Kauffman. One word of warning. If your new to juicing, and you have a big family, and you want everyone in the family to drink smoothies, your going to need a ton of veggies and fruit. For our family of 4, my wife and 2 daughters, you need 8 celery stalks and and 32 med carrots, and that's just for one 8 oz. glass of carrot juice for each of us. I'd highly recommend growing as many as you can, and finding local farmer's to cut down on the cost.....the crisper in the fridge has never been so busy, It is a hassle cutting everything up to fit in the juicer, but we find it's worth it, and we're healthier for it.

The Juice Lady, Cherie Calbom, provides all of her most popular recipes for juicing, smoothies, shakes, soups, and sauces, in one complete volume. Juice and smoothies are sweeping the nation! Why? They're fruity, delicious, easy to make, and packed with powerful nutrition. It's no wonder everyone is enjoying the convenience and great taste of these healthy meal and snack alternatives. Bring your blender or juicing machine into the twenty-first century with the most updated versions of Cherie's recipes to be found anywhere. More than just refreshment, these recipes enhance your energy and boost your mental and physical health.

About the Author Cherie Calbom, MS, is the author of The Juice Lady's Turbo Diet, The Juice Lady's Living Foods Revolution, and Juicing for Life, which has nearly two million books in print in the United States. Known as "The Juice Lady" for her work with juicing and health, Cherie has taped HealthWatch for CNN and scores of TV and radio shows and has appeared in Shape, First for Women, Women's World, Men's Journal, Vogue, Quick Simple, Marie Claire, and Elle Canada. Cherie earned a master's degree in nutrition from Bastyr University, where she now serves on the Board of Regents, and has practiced as a clinical nutritionist at St. Luke Medical Center in Bellevue, Washington.