



Skinny Juices: 101 Juice Recipes for Detox and Weight Loss

Danielle Omar

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Skinny Juices: 101 Juice Recipes for Detox and Weight Loss Danielle Omar **Squeeze the most out of juicing!**

Juicing is the perfect way to cleanse your body with living enzymes, mineral-rich hydration, and easy-to-absorb nutrients. Many experts agree that juicing is a great way to get more fruits and vegetables into your diet—but store-bought juices can be expensive and laden with extra sugar. With 101 recipes emphasizing superfoods and special health-promoting ingredients, *Skinny Juices* is your go-to guide covering all the basics:

- how to choose the right juicer for your lifestyle
- detailed information on superfood ingredients
- list of foods to juice for specific nutrients
- customizable detox plan
- tips for saving money and juicing on a budget
- nutritional information for each recipe

With 101 recipes for juices dedicated to cleansing and detox, weight loss, anti-aging, digestive health, and super immunity, *Skinny Juices* is an easy, delicious guide to health, vitality, and overall wellness.

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