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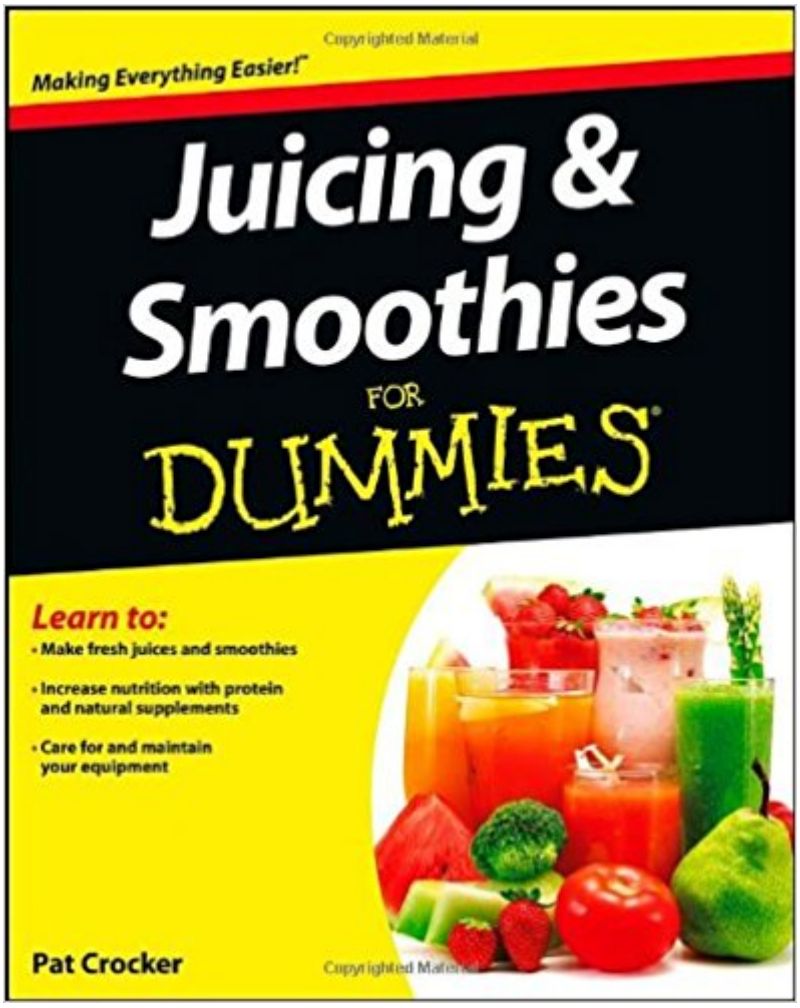
Juicing And Smoothies For Dummies



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Synopsis

Lose weight and cleanse your body with juices and smoothies Losing weight and being healthy is often on our minds, but not everyone has the time to spend several hours a week at the gym. The beauty of dieting and cleansing with juices and smoothies is that you can take them anywhere, and they only take minutes to prepare. Juicing can be done from one to three days to cleanse the body of unwanted toxins and lose weight, while smoothies provide a longer-term meal-replacement strategy that keeps you feeling fullâ ”and Juicing & Smoothies For Dummies brings you up to speed on everything you need to start incorporating this healthy lifestyle option right away. How to safely cleanse the body of toxins Tips to increase nutrition with protein and fiber supplements Juicing and smoothie tips and techniques A month’s worth of grocery lists for items to have on hand, making it easier to make healthy juices and smoothies in minutes 50 recipes for juices and 50 recipes for smoothies for breakfast, lunch, dinner, and dessert Juicing & Smoothies For Dummies gives you everything you need to enjoy the benefits of this exciting new lifestyle choice.

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Customer Reviews

I think you will love the second edition. I’ve added more information for health and wellbeing as well as all new reviews of high performance blenders. You will love the additional recipes and you can still find the dessert smoothies at fordummies.com.

Learn to: Make fresh juices and smoothies Increase nutrition with protein and natural supplements Care for and maintain your equipment Expert tips and strategies to help you make delicious juices

and smoothies! We know that eating your fruits and vegetables is one of the cornerstones of living a healthy life — though sometimes it can seem like a chore! Enter homemade, delicious, and nutritious juices and smoothies! Packed with fruits, veggies, and a whole lot of goodness, juices and smoothies are an integral part of a healthy lifestyle. Juicing & Smoothies For Dummies shows you how to incorporate these delectable drinks into your diet, offers tips to bump up the nutrition with natural supplements, and gives you recipes for breakfast, lunch, snacks, dinner, and dessert. Juicing & Smoothies For Dummies brings you up to speed on everything you need to know to start making these healthy drinks right away. Understand the basics — get familiar with juices and smoothies, and the differences between the two Get healthy — discover what juices and smoothies can do for your body — both inside and out Find the best tools — learn about which equipment is best for juicing and making smoothies, and learn how to care for and maintain them Drink in the secrets — find out tips and tricks for making juices and smoothies quickly, easily, and without all the fuss Learn about fresh produce — explore which of your favorite fruits and vegetables contains the best nutrients for your lifestyle Try out the recipes — make a variety of fresh juices and smoothies at home Open the book and find: The benefits of juices and smoothies How to build a stronger immune system The best juicers and blenders for the job Tips on how to store fresh produce to last What to do with leftover fruits and vegetables Healthy additives to boost nutrition How to cleanse the body of toxins Ways to replace meals with juices and smoothies Special considerations for children and seniors

First of all, we jumped on the juicing bandwagon after watching some crazy documentary on Netflix. Yes, we were bored or something. So anyway, after researching overpriced juicers, we finally settled an amazing product (also on). I talked my hubby into letting my buy a book...and the reviews on this one were good. I couldn’t agree more with the prior reviews. The layout is easy to follow - and I LOVE that it appeals to both juicing and smoothies. We actually do both now as well. If you are new to juicing, like we were, I highly recommend this book over any other...I glanced at some at the bookstore and they are ridiculous in terms of ingredients you’d basically have to fly overseas to personally track down to fulfill their unique recipes. This book is realistic and all of the recipes are pretty good. The nutritional info is accurate and helpful. We prefer the fruit juices over the veggie juices, but we’re still early on in the process. A word of warning to newbies: don’t juice and try to save it overnight or for a few days...doesn’t keep so well.

There was a lot of great information in this book. I liked how the book divided some of the recipes by

what the drinks can do for an individual, like energy or brain power. Nice tasting recipes also.

Its a must have book for those considering Juicing and Smoothies which is a way to maintaining a good and healthy long life.This book is very good for those considering to take advantage of the wonders and beneficial nutrients of fruits, vegetables & others. Detailed information on the valuable and nutritional information of fruits and vegetables. What is offers to our body (vitamins & minerals) and what we benefit from it. Various recipes to enjoy and to know how will it work in our body system.There are lot of things we can learn from this book which gives detailed and simple easy to understand instruction and notes.

If you want to know all there is to fruits and vegetables this is the book. I am a beginner and I just wanted some easy get to know me smoothie. This book seems to be more for the person who understands combining and how fruits and vegetables taste together

Certainly highlighted the benefits and "easy" ways to juice. Part of our anti-cancer lifestyle.

I liked how the author presented the information. It was straight forward and didn't include a lot of personal opinion. I gave it five stars because it was just what I needed as a beginner.

Very useful informations. Nice recipes and good advices. Very easy to understand. Very complete. I really recommend this book to anyone starting juicing or smoothie.

I bought this for my Mom and Dad to go along with the Nutrabullet I bought them for Christmas.

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