



Nutrition and Weight Loss: Weight Loss with Comfort Food and Juicing

Dawn Douglas, Morton Genni

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The Nutrition and Weight loss book features two diets, the comfort food diet plan and the juicing diet. Each section of the book gives great nutrition and weight loss tips using comfort foods and juicing for weight loss. Many call it the juicing detox diet but juicing recipes are another form of juicing for health with weigh loss as a great benefit to the diets. The Nutrition and Weight Loss book features these sections: Comfort Food Diet, Comfort Food What Is It, Comfort Food Breakfast Recipes, Comfort Food Lunches, Comfort Food Dinners, Comfort Food Desserts, Your Comfort Food Meal Plan, Eating with Comfort in Mind, Comfort Food - A Summary, Juicing Guide, What is the Juicing, Benefits of Juicing, Helpful Tips to Simplify Juicing for Weight Loss, Delicious Juicing Recipes for Any Meal, and Your 7 Day Juicing Diet Meal Plan. A sampling of the included recipes are: Body Cleansing Celery Juice Recipe, Fruity Cleansing Juice Recipe, Beta Carotene Deluxe Juice Recipe, Citrus and Cabbage Juice Recipe, Very Veggie Blast Juice Recipe, Tangy Grapefruit Carrot Juice Recipe, Lime Spinach Juice Recipe, Orange Mango Juice Recipe, Harvest Apple Pie, Classic American Banana Split, Chicken and Dumplings, Sunday Pot Roast, Honey Baked Ham, Down South Beef Brisket, Grandma's Beef Stew, Southern-Style Pulled Pork, Chicken Pot Pie, Chicken Noodle Soup for a Cold Day, Chicken Salad Sandwiches, Original Sloppy Joes, Rueben Sandwich with Turkey, Beef Barley Soup, Southwest Breakfast Burrito, Home-style Egg Casserole, Apple Bread Pudding, Quick and Easy Sour Pancakes, Apple Bread Pudding, Tuna and White Bean Salad, and Scalloped Potatoes.

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From reader reviews:

Anthony McDonell:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they accomplishing activity like watching television, about to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? May be reading a book can be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the guide untitled Nutrition and Weight Loss: Weight Loss with Comfort Food and Juicing can be good book to read. May be it might be best activity to you.

Helen Thibodeaux:

Do you have something that you want such as book? The book lovers usually prefer to choose book like comic, short story and the biggest the first is novel. Now, why not trying Nutrition and Weight Loss: Weight Loss with Comfort Food and Juicing that give your entertainment preference will be satisfied simply by reading this book. Reading addiction all over the world can be said as the method for people to know world much better then how they react when it comes to the world. It can't be mentioned constantly that reading practice only for the geeky man but for all of you who wants to be success person. So , for all of you who want to start looking at as your good habit, you may pick Nutrition and Weight Loss: Weight Loss with Comfort Food and Juicing become your current starter.

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