



# 101 Juice Recipes + 33 Smoothie Recipes: Healthy Recipes for Weight Loss & Vitality

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134 Delicious Recipes! Juice recipes AND smoothie recipes – the best of both worlds. Have a juice for a quick pick-me-up or have a smoothie if you want to feel satiated and have prolonged energy. Both are amazing in their own ways, and that's why I wanted to provide you with this complete recipe book with 134 healthy recipes for weight loss and vitality. This is the only recipe book you will ever need for making juices and smoothies! In this book you will get: 33 delicious smoothie recipes (a variety of green smoothies and fruit smoothies) 33 optional superfood additions in case you want to spike your smoothie with some added nutrition 101 delicious juice recipes for cleansing, detoxification, and easy weight loss 10 tips to enhance your juicing experience Juices and smoothies are the easiest way to get tons of nutrition in a single serving. They are easy to make, delicious, and very nutritious. One smoothie or juice per day can dramatically boost your immune system, energy levels, mood, and metabolism. If you aren't adding smoothies and juices to your diet yet, I urge you to get started! It will change your life in more ways than you might believe.

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