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Juicing for Weight Loss: The 4 Week Diet Plan

By Em Davis

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a way to eat more healthy beyond the dieting period?One of the problems with many Juicing books is that they just provide you with recipes and leave you on your own to figure out how to change your lifestyle. In Juicing for Weight Loss, Em Davis provides you with a diet plan the encompasses juicing with meal plans to help you achieve a healthier lifestyle.The 4 week diet plan is easy to follow and can be tailored to fit an individual s needs. Jump in andGet easy to follow recipes that are healthy and full of fiberGet delicious juice recipes for every mealLose the extra weight without the anxietyBecome more active and happy as you achieve your goals.



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