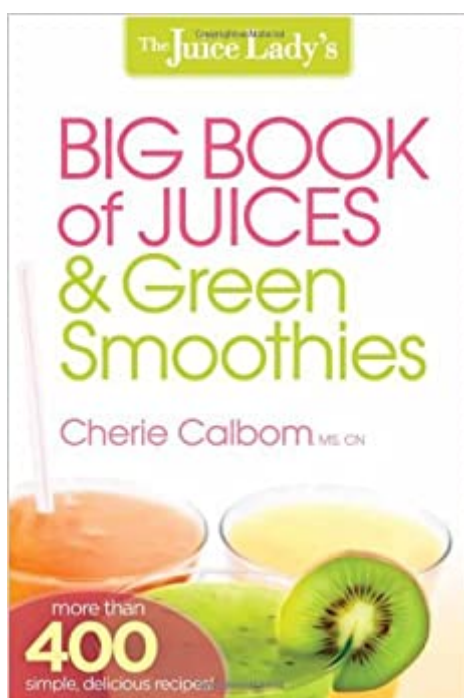


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# The Juice Lady's Big Book Of Juices And Green Smoothies: More Than 400 Simple, Delicious Recipes!



## Synopsis

The Juice Lady, Cherie Calbom, provides all of her most popular recipes for juicing, smoothies, shakes, soups, and sauces, in one complete volume. Juice and smoothies are sweeping the nation! Why? They're fruity, delicious, easy to make, and packed with powerful nutrition. It's no wonder everyone is enjoying the convenience and great taste of these healthy meal and snack alternatives. Bring your blender or juicing machine into the twenty-first century with the most updated versions of Cherie's recipes to be found anywhere. More than just refreshment, these recipes enhance your energy and boost your mental and physical health. Enjoy simple, tasty recipes for:

- Healing juices and smoothies that will help fight the flu, infections, and aging skin
- Low-carb juices and smoothies that will help you lose weight
- Green smoothies that pack a powerful punch of phytonutrients and antioxidants
- Recipes that are perfect for kids and moms on the go
- Workout and body-building drinks

And more!

## Book Information

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## Customer Reviews

Cherie Calbom, MS, is the author of The Juice Lady's Turbo Diet, The Juice Lady's Living Foods Revolution, and Juicing for Life, which has nearly two million books in print in the United States. Known as "The Juice Lady" for her work with juicing and health, Cherie has taped HealthWatch for CNN and scores of TV and radio shows and has appeared in Shape, First for Women, Women's World, Men's Journal, Vogue, Quick & Simple, Marie Claire, and Elle Canada. Cherie earned a master's degree in nutrition from Bastyr University, where she now

serves on the Board of Regents, and has practiced as a clinical nutritionist at St. Luke Medical Center in Bellevue, Washington. Â

My main problem is that I have ZERO creativity when it comes to food, and I sure didn't want to either have to stick to the same old 2 or 3 tried and true juice combinations, or try things that ended up being yuck, and thus waste my money, I wasn't that thrilled about the book -- but I want to start juicing, and I thought "400 recipes - that should serve me pretty well." So I bought it. It's fantastic. I don't remember when -- or if -- I've ever been this excited about any book on any subject. Really. It has an incredible array of recipes -- as promised -- and they all look just delicious. They're arranged in several chapters -- Simple Juice Recipes, Gourmet and Exotic Juice Blends, Green Juice Recipes, Yummy Fruit Juice Blends, Old Favorites, Juice Remedies and Rejuvenators, and the Green Smoothies chapter. I've so far only tried one recipe, and it was so good I had to come back to it today, and that was the Chai Green Smoothie -- absolute heaven!! Most of the other recipes I've skimmed look equally delicious, so I'm really pleased I bought this book. There's also an introductory chapter, "All About Juicing." I doubt I'll be interested in any other juice or smoothie books for a good, long time -- which to me makes this a really good investment. I can't imagine anyone wouldn't really appreciate this book. Oh, it's also pretty. While I'm not crazy about the cover design, the inside is gorgeous. The different chapters have their own pretty pastel colors across the top of each page so it's easy to navigate to the section you want, and there are beautiful photos of fruits, juices, etc. are used throughout. Very pretty.

I purchased the Kindle version of this book earlier this week, and I am already enjoying it. I tried juicing before, but many of the recipes I found were not very good and made it hard to continue. Cherie approaches juicing with an introduction phase, with recipes that get you acclimated to the juicing process without turning you off, then gradually adds in other, more complex mixtures. I'm only in the introduction set of recipes this week and have tried four of them so far, but have actually enjoyed every single one of them, much to my surprise! It's nice to know I can get my daily supply of fruits and vegetables so easily and it actually taste good. My husband has even gotten on board! I hate beets and I hate carrots, but even managed to get them in with a recipe she has, and it was really pretty good. It encourages me to continue, and I look forward to gradually easing in to juicing this time to make it a long-term commitment.

Perfect compliment to the phase one diet by Doug Kauffman. One word of warning. If your new to

juicing, and you have a big family, and you want everyone in the family to drink smoothies, you're going to need a ton of veggies and fruit. For our family of 4, my wife and 2 daughters, you need 8 celery stalks and 32 med carrots, and that's just for one 8 oz. glass of carrot juice for each of us. I'd highly recommend growing as many as you can, and finding local farmer's to cut down on the cost.....the crisper in the fridge has never been so busy, it is a hassle cutting everything up to fit in the juicer, but we find it's worth it, and we're healthier for it.

Excellent book! I use it "literally" everyday. I juice two times a day and I always like to look up a new one in the book. Each recipe is easy to prepare and has an excellent taste! Before I started juicing I didn't even know there were so many vegetables "out there." Now I try new ones and like them. Vegetables taste different when they are juiced compared to when they are cooked, even lightly steamed. When they are juiced their taste is usually good. Sweeter and milder (except for ginger) This book is great! The only one I refer to "everyday."

This is THE only book you will need if you want to know about juicing and need a vast array of recipes. From simple, everyday juices, to exotic juices to green juices to smoothies. A wealth of information. I am throwing away my other juice books and this will be my go to!! Don't hesitate to buy. A GREAT resource!

Great addition to my collection. I've made a lot of recipes from this book, and they're really good, for the most part. I'd totally buy this book again.

This is a very practical and user friendly book. The author has made locating juice recipes for specific needs easy by dividing the book in sections. There is no guess work. The smoothies and juices are delicious and you can immediately feel a nutritional boost. I really appreciated Cherie sharing her own personal testimony about a horrific event and how with love, faith, determination, good nutrition and juicing her life and health were completely restored. If you want to turn your health around, you need to buy this book and use it.

After the first 10 days you couldn't wipe the smile off my face, I just felt great and at 71 year old that is a good thing. I will be at 30 days on the 20th of Feb., those fresh veggies make a big difference in your health.

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