



Diet Zone: Dieting Recipes plus Juicing Goodness

Denise Lee, Reed Jean

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Diet Zone: Dieting Recipes plus Juicing Goodness The Diet Zone book encompasses two diet plans, the Juicing Diet and a Basic Weight Loss diet plan (Dieting Cookbook). Each of these diets helps to target the body to set up for becoming healthier through dieting for weight loss in particular. The juicing diet helps to cleanse the body and is a perfect prelude to the basic weight loss diet plan. Using this book as a whole makes sense if you first wish to cleanse and detox the body through juicing and then go on the weight loss plan by eating healthy whole and nutritious foods. The first section of the Diet Zone book covers the juicing diet with these categories: 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 recipes includes: Body Cleansing Celery Juice Recipe, Orange Mango Juice Recipe, Blueberry and Pomegranate fruit Juice Recipe, Lime Spinach Juice Recipe, Tasty Morning Apple and Carrot Juice Recipe, V-8 Flavored Juice Recipe, Green Juice with a Hint of Sweetness Recipe, Tangy Grapefruit Carrot Juice Recipe, and Bone Building Kale Juice Recipe. The second section of the Diet Zone book covers the dieting cookbook with these categories: Low Fat Recipes: The Basic Weight Loss Recipes, Low Carbohydrate Recipes: Somewhat Misunderstood but Very Helpful for Weight Loss, Muscle Building Recipes to Boost the Metabolism, Fish Recipes to Lose Weight, Raw Food Diet Recipes for the Daring, Vegetarian and Vegan Recipes for Weight Loss, Paleolithic Diet Recipes: Turning Back the Clock...A Lot, Breakfast Recipes for Weight Loss, Desserts for the Diet Conscious, and a Five Day Sample Meal Plan. A sampling of the included recipes are: Apple and Blueberry Cobbler and Eggs Benedict Italian Style.

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