



# **Low Carb and Juicing Recipes Box Set: 24 Quick and Healthy Low Carb Recipes + 25 Juice Recipes to Reduce Weight and Improve Your Health (Low Carb, Juicing Recipes, diet recipes)**

*Virginia Bailey, Theresa Peters*

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## **BOOK #1: Low Carb Recipes: 24 Quick, Delicious and Healthy Low Carb Recipes**

What we consume as food and what we drink are really very important and they are a reflection of who we are and what we will become. While many consider good eating habits as a luxury, many who feel they can afford every kind of meal end up becoming obese and shapeless. Many people find it difficult to draw the line between good eating habits and the consumption of junks that end up doing more harm to the body than good. This book proves beyond all doubts that good health as a result of good eating habit is not a luxury; it is not just affordable by the rich and not for some specific class of people. Great health is achievable by anyone and everyone. In this book, you will learn how to maintain the best health and yet enjoy your meals.

### **Here is what you will learn after reading this book:**

- How to maintain a good eating habit to stay healthy
- Knowledge of what low carb diets are all about and why they are important to the body
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- A list of 24 quick, yet, very delicious and healthy low carb recipes you can choose from

## **BOOK #2: Juicing Recipes: 25 Delicious Juice Recipes to Reduce Weight and Improve Your Health**

If you're reading this book, it's probably because you have questions regarding the role of juicing and how it can help you to reduce your weight and improve your health. The fact of the matter is that, plain and simple, juicing can help you do those things, and there are twenty five different recipes that allow you to do so. You can try only one of those recipes or as many as you want to, and in the long run, you may end up coming up with your own recipe to share to the world as well!

## Still not convinced? Here are three reasons for why juicing can optimize your health:

- Number One, juicing can help your body to absorb nutrients from vegetables. Vegetables are simply packed with vital nutrients and vitamins, but with poor food choices, our bodies are unable to get these nutrients that they need. By including these juice recipes in your diet, you'll ensure that your body does get those nutrients...and that only means good things for your health.
- We've all remembered that saying to always eat 'our green vegetables.' Sometimes the only thing that would prevent us from doing so was because we disliked the taste of raw vegetables, let alone eat a plateful of it. If you've run into problems with forcing vegetables down your throat before, these juice recipes we'll look at (which include fruits as well) will be far more tasty.
- Finally, not only will you get the nutrients from your vegetables you need with these recipes, but there are such a wide variety of fruits and vegetables included in the recipes as well. It's not like only three or four vegetables and/or fruits are a part of these recipes. Don't be surprised to find every fruit or vegetable under the sun here.

## Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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**Martha Wilson:**

Book is to be different for every single grade. Book for children until adult are different content. As you may know that book is very important for people. The book Low Carb and Juicing Recipes Box Set: 24 Quick and Healthy Low Carb Recipes + 25 Juice Recipes to Reduce Weight and Improve Your Health (Low Carb, Juicing Recipes, diet recipes) ended up being making you to know about other know-how and of course you can take more information. It is quite advantages for you. The guide Low Carb and Juicing Recipes Box Set: 24 Quick and Healthy Low Carb Recipes + 25 Juice Recipes to Reduce Weight and Improve Your Health (Low Carb, Juicing Recipes, diet recipes) is not only giving you considerably more new information but also to get your friend when you feel bored. You can spend your spend time to read your book. Try to make relationship while using book Low Carb and Juicing Recipes Box Set: 24 Quick and Healthy Low Carb Recipes + 25 Juice Recipes to Reduce Weight and Improve Your Health (Low Carb, Juicing Recipes, diet recipes). You never truly feel lose out for everything in the event you read some books.

**Jeffrey Brill:**

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**Clarence Danner:**

This Low Carb and Juicing Recipes Box Set: 24 Quick and Healthy Low Carb Recipes + 25 Juice Recipes to Reduce Weight and Improve Your Health (Low Carb, Juicing Recipes, diet recipes) is great publication for you because the content which is full of information for you who else always deal with world and also have to make decision every minute. This particular book reveal it facts accurately using great coordinate word or we can say no rambling sentences in it. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but tough core information with wonderful delivering sentences. Having Low Carb and Juicing Recipes Box Set: 24 Quick and Healthy Low Carb Recipes + 25 Juice Recipes to Reduce Weight and Improve Your Health (Low Carb, Juicing Recipes, diet recipes) in your hand like having the world in your arm, data in it is not ridiculous a single. We can say that no e-book that offer you world with ten or fifteen second right but this book already do that. So , this really is

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