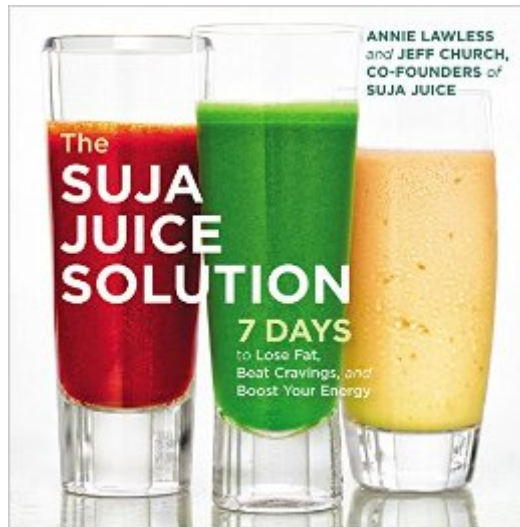


The book was found

The Suja Juice Solution: 7 Days To Lose Fat, Beat Cravings, And Boost Your Energy



Synopsis

Now a New York Times bestseller! Week, 2 Steps, 3 Juices Juicing and cleansing are more popular than ever, but most programs ask readers to avoid food and live on juice alone for days on end. Enter THE SUJA JUICE SOLUTION, a groundbreaking new detox from Annie Lawless and Jeff Church of Suja. This easy-to-follow 28-day program features a powerful 7-day jumpstart of high-energy green juices and antioxidant-rich mini-meals designed for readers to detoxify and lose weight without deprivation. Over the 4-week program, readers gradually increase their intake of whole, fresh foods, while learning to crowd out unhealthy foods with nourishing juices and more balanced, healthy options. In just four weeks, readers will beat sugar cravings, decrease inflammation, boost energy, improve skin and drop pounds. With over 75 recipes and mix-and-match meal plans, THE SUJA JUICE SOLUTION is an all-in-one resource that sets readers off on a life-long path towards improved health and sustainable wellness.

Book Information

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Customer Reviews

I love the recipes and the great advice in this book. The recipes are easy to make and diverse and the shopping guide really helps make weekly planning easy. Great pictures too! I'm only on week 1 but love the plan so far!

Terrible format. I hate books that have you flipping back and forth from what to recipes in a different section of the book! There are NO comprehensive charts or schedules to help you make sense of

the plan. This book is WAY too wordy and too many "testimonials". I am used to a restrictive diet, so it not that its too restrictive--and put down on paper in a more user friendly format-- its a viable "solution". But when the prep is going to take so much time--and it will-- I much prefer a more "at a glance" what to eat when and the recipe written right there. It doesn't. You get "Morning Meal" then 3 titles of options and a page number of where to find the recipe, followed by a wordy paragraph that basically tells you that you could also create a meal from the "in-crowd" list. Should have skipped the photos--we all know what a salad looks like--and put in some easy to follow cheat sheets.

I decided to try the Suja Juice Solution because I love the idea of a cleanse that does not require you to only consume liquids and I have never felt better! I am starting the third week of the full 4 week plan and while it has been tough (especially considering I started this before some major holidays, bachelorette parties, etc.) the benefits are worth it. The book comes with both juice and meal recipes and they give you guidelines to create your own meals and juices (even have a blending option if you don't have a juicer). I will say I didn't love all the recipes, but they give you enough guidance that it is very easy to create what works best for you. My favorite thing about the book is how they go into detail with nearly every type of food and explain how foods benefit your body or how they can be detrimental. The full 4 weeks is absolutely do-able and I am constantly recommending to my friends to try it!

This book contains recipes for everything from salmon to Juice. And some good recipes, too! I bought a juicer because of this book; and that's a good thing. There's even a recipe for salmon, and it sounds yummy. In general, all of us need more veggie juice, and you may as well start with this book with some mighty good recipes. It was written by the co-founders of Suja Juice, so kind of "The Dream Team," of juice creators. Looking forward to getting started on this program!

I love this book. It is a great plan for juicing and eating healthy meals. Only reason I couldn't give it 5 stars is because I have food allergies specifically eggs, oranges and tree nuts and am limited to what recipes I can make.

I am currently enjoying the recipes featured in this book. I will say, had I not already had a gluten-intolerance problem I might find it rough in the beginning as during the first week you are encouraged to consume very limited amounts of simple carbohydrate foods (in otherwords no

bread, cereals, pasta etc). But the suggested recipes so far are simple and delicious.

I love the idea of a cleanse that encourages you to eat whole-food while you're juicing...and just in time for summer!

I was expecting more of a recipe book. Wish it had more pictures. Perfect book for beginner juicers. Arrived with the edges wrinkled.

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