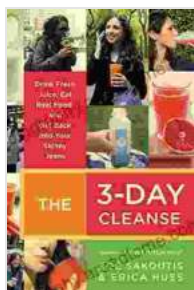


Drink Fresh Juice, Eat Real Food, and Get Back Into Your Skinny Jeans!

Are you tired of feeling sluggish, bloated, and overweight? Do you want to regain your energy, improve your health, and shed those extra pounds? Then it's time to start juicing and eating real food!



The 3-Day Cleanse: Drink Fresh Juice, Eat Real Food, and Get Back Into Your Skinny Jeans by Maya Bryce

★★★★☆ 4.2 out of 5

Language	: English
File size	: 2384 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 241 pages
Lending	: Enabled



Juicing is a great way to get your daily dose of fruits and vegetables. It's also a great way to detox your body and improve your digestion. When you juice, you're removing the fiber from the fruits and vegetables, which makes it easier for your body to absorb the nutrients. This can lead to a number of health benefits, including:

- Increased energy
- Improved digestion
- Reduced inflammation

- Boosted immunity
- Weight loss

Eating real food is also essential for weight loss and good health. When you eat real food, you're getting all of the nutrients that your body needs to function properly. This can help you to maintain a healthy weight, improve your mood, and boost your energy levels.

In this book, you'll learn everything you need to know about juicing and eating a healthy diet. We'll cover topics such as:

- The benefits of juicing
- How to choose the right juicer
- How to make delicious and nutritious juices
- The benefits of eating real food
- How to make healthy and satisfying meals
- Sample juicing and meal plans

By following the advice in this book, you can finally reach your weight loss goals and feel your best. So what are you waiting for? Start juicing and eating real food today!

Chapter 1: The Benefits of Juicing

Juicing is a great way to get your daily dose of fruits and vegetables. It's also a great way to detox your body and improve your digestion. When you juice, you're removing the fiber from the fruits and vegetables, which makes it easier for your body to absorb the nutrients.

The benefits of juicing include:

- Increased energy
- Improved digestion
- Reduced inflammation
- Boosted immunity
- Weight loss

Juicing is a great way to get your daily dose of vitamins, minerals, and antioxidants. These nutrients are essential for good health and can help you to:

- Boost your energy levels
- Improve your digestion
- Reduce inflammation
- Boost your immunity
- Maintain a healthy weight

Juicing can also help you to detox your body. When you juice, you're removing the fiber from the fruits and vegetables, which makes it easier for your body to absorb the nutrients. This can help to flush out toxins from your body and improve your overall health.

Chapter 2: How to Choose the Right Juicer

There are many different types of juicers on the market, so it's important to do your research before you buy one. Here are a few things to keep in

mind when choosing a juicer:

- **Type of juicer:** There are two main types of juicers: centrifugal juicers and masticating juicers. Centrifugal juicers are less expensive and easier to use, but they can produce more pulp in your juice. Masticating juicers are more expensive and difficult to use, but they produce a higher quality juice with less pulp.
- **Size:** Juicers come in a variety of sizes, so it's important to choose one that will fit in your kitchen and meet your needs. If you're only juicing occasionally, a smaller juicer will suffice. If you're planning on juicing regularly, a larger juicer will be a better investment.
- **Price:** Juicers can range in price from \$50 to \$500. It's important to set a budget before you start shopping so that you don't overspend.

Once you've considered these factors, you can start to narrow down your choices. Here are a few of the best juicers on the market:

- **Breville Juice Fountain Elite:** This centrifugal juicer is a great option for those who are looking for a high-quality juicer that is easy to use. It has a wide feed chute that can accommodate whole fruits and vegetables, and it produces a smooth, pulp-free juice.
- **Omega J8006 Nutrition Center:** This masticating juicer is a great option for those who are looking for a high-quality juicer that can handle tough fruits and vegetables. It has a slow juicing process that preserves more nutrients and enzymes, and it produces a smooth, pulp-free juice.
- **Hurom H-AA Slow Juicer:** This masticating juicer is a great option for those who are looking for a high-quality juicer that is quiet and easy to

clean. It has a slow juicing process that preserves more nutrients and enzymes, and it produces a smooth, pulp-free juice.

Chapter 3: How to Make Delicious and Nutritious Juices

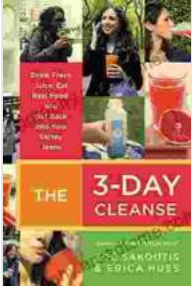
Now that you have a juicer, it's time to start making delicious and nutritious juices! Here are a few tips:

- **Use fresh fruits and vegetables:** The fresher the fruits and vegetables, the better your juice will be. Avoid using fruits and vegetables that are bruised or rotten.
- **Wash your fruits and vegetables thoroughly:** This will remove any dirt or bacteria that may be present.
- **Cut your fruits and vegetables into small pieces:** This will help your juicer to extract more juice.
- **Add some water to your juice:** This will help to thin out the juice and make it easier to drink.
- **Experiment with different fruits and vegetable combinations:** There are endless possibilities when it comes to juicing. Try different combinations until you find ones that you enjoy.

Here are a few of our favorite juice recipes:

- **Green juice:** This juice is packed with nutrients and antioxidants. It's a great way to start your day or boost your energy levels in the afternoon. Ingredients: 1 apple, 1 cucumber, 1 celery stalk, 1 handful of spinach, 1 handful of kale, 1/2 lemon, 1 inch of ginger.

- **Red juice:** This juice is rich in antioxidants and vitamins. It's a great way to boost your immunity and improve your skin health. Ingredients: 1 beet, 1 apple, 1 carrot, 1 orange, 1 handful of strawberries



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