



Juice with Me - A Beginners Guide (Paperback)

By TL Bliss

TL Bliss, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Enjoy feeling better naturally with the new concept in nutrition and maybe even shed a few unwanted pounds - Juice With Me - A Beginner s Guide is now available for purchase in two versions paperback or Kindle. This handy guide is a simple and concise book to help get you started on your own journey with juice fasting. Included inside are recipes, a list of fruits, a list of vegetables, nutritional information, a sample journal entry to help get you started, and adds a personal challenge for each reader. Get your copy today and start feeling better naturally.



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