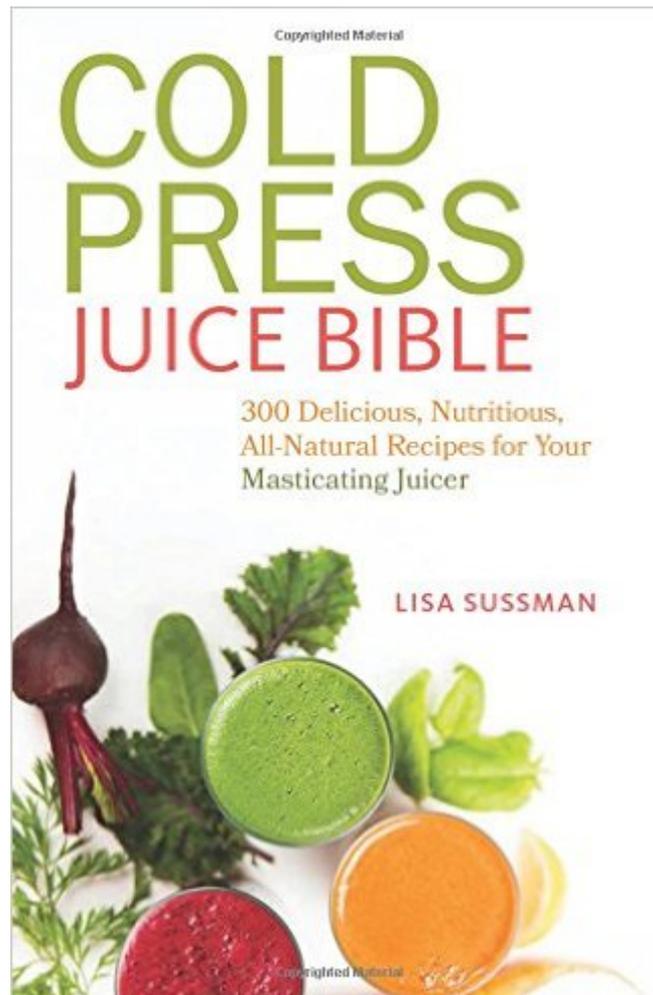


The book was found

Cold Press Juice Bible: 300 Delicious, Nutritious, All-Natural Recipes For Your Masticating Juicer



Synopsis

THE COMPLETE GUIDE TO JUICING, DIETING AND CLEANSING USING A

SLOW-MASTICATING JUICER Masticating juicers are the best way to get all the vitamins, minerals and antioxidants you need in one delicious drink. But don't settle for the same boring juice every day. With The Cold Press Juice Bible you have 300 flavorful and unique blends to choose from! Chock-full of vibrant green, fruit-filled, nutritious root and protein-rich, nutty recipes, this book will leave you revitalized and energized. Mix up your daily routine and have fun with: • 200-calorie, healthy blends • Cold press tips and tricks • Vitamin- and antioxidant-rich recipes • Cleanse programs for body detox and weight loss • Specific juices for breakfast, lunch, snack time and more

Book Information

Paperback: 200 pages

Publisher: Ulysses Press (October 28, 2014)

Language: English

ISBN-10: 1612433936

ISBN-13: 978-1612433936

Product Dimensions: 0.8 x 6 x 9.2 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars • See all reviews • (8 customer reviews)

Best Sellers Rank: #105,326 in Books (See Top 100 in Books) #16 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #101 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #1422 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

As a Naturopathic Doctor, I look to sources that present the latest scientific evidence in an easily accessible way. Lisa Sussman does just that in Cold Press Juice Bible. Lisa gives clear instructions for the whole juicing process, from how to select the best juicer for your needs, to choosing and prepping produce to maximize the resultant juice's nutritional value. What I enjoyed most about this book, though, is the way that Lisa distills the information and presents it in unique, and often humorous ways. Instead of reading like a boring list of pros and cons, she cleverly points out juicing pitfalls and misconceptions, and she offers manageable solutions to commonly encountered problems. Simple, descriptive lists also make it easy to decode produce colors to help you pair your

health goals with different juice combinations. She also points out where the science supports juicing enthusiasts' claims, and where it falls short. This gives the reader a balanced perspective and helps set realistic expectations of what juicing can do for your health. To round it out, Lisa offers hundreds of recipes for everything from making your own coconut water to whipping up a quick Snickerdoodle juice blend. This book has rightfully earned its title as the Bible of cold press juicing.

This book has a lot of great information about juicing as a lifestyle, tips & tricks etc. I enjoyed Lisa's sass and how her personality comes across. However, this book has some downsides :- Most all the Juice recipes are very complicated and not something I would make daily (many have 7-10 ingredients). Not at all what I expected. I am an avid home cook and I have a stocked pantry. However, when I took up juicing I wanted to juice vegetables & fruits. I did not want to be incorporating nut milk, seeds, powders or spices. I wanted simple juice recipes where I could taste the fresh veggies and fruits.- the non juice recipes had a lot of short cuts. I make my own kombucha and nut milks. I found the recipes provided were very short and would be utterly unfollowable if you did not already know how to make the end result.- the format and quality of the book is very lacking. Although there is a lot of great information about how to get into juicing, the layout is at times confusing and the quality of the paper makes flipping back and forth difficult. There are no pictures, no clear section breaks (color coding etc) and it's all grey with black text. I found this to be less than inspiring. All in all, I thought this book had some good information but I don't think I will keep it. I am planning on trying to find some other juicing sources that are more visually appealing and with simple recipes that I can make in the morning.

It's like reading a guide book written by your funniest friend, who also happens to be an expert on everything to do with juicing. Laugh out loud funny and packed with great tips and facts. This is the only book you need if you are considering juicing from what machine to buy, when to start, (or not), where to get ingredients, how to get what you need out of a cleanse, tons of practical recipes, and a realistic guide for the beginner to the "hard core juicer". Super Easy to read, great recipes "lime coconut honeydew" yum! , brutally honest, and did I mention funny (seriously it's funny- "pimp your juicer"?!)

Oh my I'm "juicing" over this Juice Bible book! Informational books can be big, fat and boring . . . but not this book! Lisa had my attention throughout the whole book with her fun metaphors and analogies. It is broken up into "easy to digest" sections. . . labeled with fun headlines. Here's a little

snip it straight from the intro..."This book is for you IF. . .You would rather sip a glass of juice than gnaw your way through an overflowing bowl of kale.You like to give in to your inner Hulk and go green and crush things.You're tire of forking over a huge chunk of change for someone else to squish food for you and package it in a cute bottle.Your mouth is often tired at the end of the day from talkingYou want to stick it to a sibling/friend/co-worker who has a tendency to act superior to you.You're a selfish environmentalist.You want to find your zen.LOVED IT... great knowledge, easy and fun read! Thanks:)

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