



*Candice
Kumai*

CLEAN
GREEN
DRINKS

100+

Cleansing Recipes
to Renew & Restore
Your Body and Mind

Candice Kumai

Clean Green Drinks: 100+ Cleansing Recipes to Renew & Restore Your Body and Mind



[continue reading](#)

Cleanse. Wellness journalist and chef Candice Kumai reveals the new research behind her enticing, refreshing flavors; With more than 100 properly balanced, delicious drink quality recipes that can be made in one minute, the book will help anyone sip aside extra pounds because they sip aside stress. More than a collection of delicious dishes, Clean Green Beverages is helpful information to a leaner, happier, and more fulfilled life. and she displays how easy it really is to get fit, healthy, content, and glowing! Sculpt your body, boost your health, renew your brain, and improve your whole outlook on life.



[continue reading](#)

You will not get bored making smoothies with this book! The only negative I'd mention is the binding of the hardcover book has already been broken and I bought this reserve in January 2017. I did a 10 day time smoothie cleanse using a different reserve and the substances repeated themselves so I was on the hunt for something else. I love the suggestions for the green drinks I love the tips for the green drinks. I like the different supplements that Candice has in her book like flaxseed, chia seed, coca powder, and spirulina to name a few. That way you are not gambling on buying something and just using it once. Great tips! This is an incredible little book This is an incredible little book. I absolutely LOVE this book! I'm very careful about keeping books in good condition, therefore i was disappointed that I acquired to try to tape some of the pages together. I've been third , diet for just over a week now and am already down 3 pounds! I feel great when I replace meals with a smoothie out of this book. Very good aside from a few things I love this book as the recipes are good and the ingredients have become healthy.. I'd have rated this book 5 stars but did not for two reasons. Love this book Love this reserve! I purchased this book and learned soooo much! Two, the portion sizes are inconsistent. Some dishes serve 2, some serve 3 and some serve 4. For me, this can not work well because I just make smoothies for myself. For each recipe, I have to divide the quantities down to one serving size and some do not turn out well when decreased down to a single serving size. I am incorporating many new (if you ask me) and delicious items to my diet plan and loving having even more energy and fewer cravings. Like this!Regardless, I always rave about Clean Green Drinks and some people I've informed have obtained it and love it. The smoothies are delicious, and the juices are good but when you have never made your personal juice with vegetables, after that it could take a little getting used to.I did see one review approximately portion sizes, and I agree that the serving sizes are off. There are several specialty ingredients but just a handful and they are used through the entire book so you can really use them. The best facet of this publication is that lots of of the recipes I've tried, flavor great! Want to get more vegetables into my diet which is a practical method to accomplish it. Also my boyfriend by no means ate breakfast during the week, but now I make him a shake each morning and he is usually pleased with how much energy he has and just how much it fills him up. You won't be disappointed! Nutritional information is all there too for those calorie counters. I've had the nutribullet for nearly a year and I goofed and did 50/50 fruits and vegetables and my sugars level went up... I haven't gone on a scale but I'll says clothes are fitting better and this weekend friends tell you they are able to see I'm . Oooops. I had committed to a Vitamix blender and do not plan on investing in a good quality juicer too, therefore i have no interest in the juice dishes, so I wish they were separate from the smoothie dishes. I have had this reserve for three weeks now and I am in a position to replace my breakfast and lunch time with shakes. I have a whole lot of extra energy. I make a healthy dinner every night and I've noticed when I really do eat dinner or lunch with real food rather than a green shake I could only eat fifty percent of my meals. I haven't gone on a scale but I will says clothing are fitting better and this weekend friends say they are able to see I'm slimming down. Happy dance! I take the book to utilize me sometimes, preparing for a grocery trip and smoothies to last me a week. This book gives a large amount of information on the many ingredients for both smoothies and drinks using a juicer. I have already been sending the hyperlink to the book to all my close friends. Written with descriptions of all ingredients that go into the smoothies & Love it The book is excellent Many recipes for blenders! Oh another plus if you don't have a blender or juicer however, buy this b I have a ways to head to reach my healthy goals and weight but having more fun striving for them Truly enjoying the different smoothies and juices. All simple and delicious sounding. I wish she had developed the recipes for a single serving size and for individuals who make smoothies for several person, it is simpler to just repeat the ingredients by the number of servings needed. Want Candice's other books today! Perfectly presented. I'm blending in the morning with my nutribullet and with a little blender at lunch that I keep at my desk. I've made several recipes each one delicious. I use this book for ideas and inspiration. Nicely presented. One, I can't stand that the juice quality recipes and smoothies are intermixed within each category. Smoothies have become good. Also all the products she advises on have already been wonderful and tasty. why they are good for you. Would buy as present. I've a ways to go to reach my healthy goals and weight but having more fun striving for them. Also I could purchase all of them on amazon. Actually nice for me. I like that lots of the recipes just have a few elements - when I acquired it there were some recipes I could make using what I had readily available. Do not use a juicer, but there are plenary of dishes for my vitamix blender! I've a Vitamix blender and I've used several

smoothie dishes from Clean Green Beverages. I've a least one each day which often replaces a meal--lunch time or breakfast. Some of my favorites are: Green Banana Mint, Dark Chocolate Chia, and the Green Pumpkin.!



[continue reading](#)

download Clean Green Drinks: 100+ Cleansing Recipes to Renew & Restore Your Body and Mind e-book

download Clean Green Drinks: 100+ Cleansing Recipes to Renew & Restore Your Body and Mind pdf

[download free The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind mobi](#)

[download free The Wisdom of Menopause \(Revised Edition\): Creating Physical and Emotional Health During the Change ebook](#)

[download Women's Bodies, Women's Wisdom \(Revised Edition\): Creating Physical and Emotional Health and Healing e-book](#)