



Healthy Cooking Recipes: Eating Clean and Green Juices

Elida Adolphson, Graham Albertine

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Healthy Cooking Recipes: Eating Clean and Green Juices The Healthy Cooking Recipes book covers two diet plans, the Green Juice Diet and the Eating Clean Diet. Both of the health meal plans offer easy healthy recipes and makes preparing healthy foods to eat a breeze by following the recipe directions. You have enough quick healthy recipes to make plan healthy meals for weeks in advance. If your goal is to cook healthy meals you have a wide variety of healthy food recipes in this book. The first section of the Healthy Cooking Recipes book is on the Green Juice Diet with these chapters: What is the Green Juice Diet, Common Green Juice Diet Myths, Benefits of the Green Juice Diet, Helpful Tips for Dieting Success, Delicious and Nutritious Green Juice Recipes, and Your 7 Day Green Juicing Diet Meal Plan. The second section of the Healthy Cooking Recipes book is on the Eating Clean Diet with these chapters: Eating Clean Diet Breakfast Recipes, 5 Day Sample Meal Plan, Eating Clean Diet Appetizers, Snacks, and Dessert Recipes, Eating Clean Diet Side Dish Recipes, and Eating Clean Main Dish Recipes. A sampling of the included recipes are: Turkey Meatloaf, Sweet and Tangy Tilapia, Orange Lime Shrimp, Honey Mustard Chicken, Baked Italian Crusted Cod, Tangy Vegetable Salad, Lemon Garlic Broccoli, Italian Sweet Potato Fries, Asparagus Mushroom Roast, Sweet and Spicy Mango Salsa, Strawberry Banana Oat Smoothie, Baked Oatmeal, Apple Muffins, Dandelion Green and Basil Green Juice Recipe, Body Restoring Green Juice Recipe with Coconut Water, Strawberry and Tangerine Green Juice Recipe, Carrot and Kale Green Juice Recipe, Tropical Sweet Kale Green Juice Recipe, Beet and Cilantro Green Juice Recipe, and Energizing Green Juice Recipe.

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