



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

*Lisa Sussman*

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**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**

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