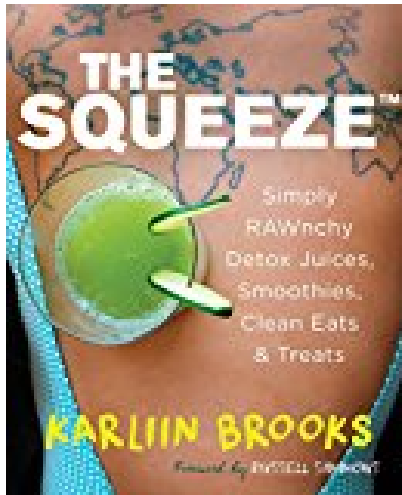


The Squeeze Simply RAWnchy Detox Juices Smoothies Clean Eats & Treats



BOOK DETAILS

- Author : Karliin Brooks
- Pages : 328 Pages
- Publisher : Skyhorse Publishing
- Language : English
- ISBN : 1634506316

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BOOK SYNOPSIS

WARNING: side effects include clarity of mind, weight loss, self-appreciation, and the desire to wink at innocent bystanders. Founder of The Squeeze Juice, Karliin Brooks serves up more than one hundred juice and vegan food recipes—with a dose of fun and hip RAWnchy-ness like no other. Cleanse your mind of all the outdated granola clichés you may have about livin’ raw, and get ready to feel good (and yes, look even better!). The Squeeze features more than one hundred juice and snack recipes, along with completely customizable cleanses for you to choose from. Karliin’s nutrient-packed, lip-smacking juice recipes such as “I Have a Heart-On” and “Kale the Pain Away” are bound to get your blood pumping in all the right ways. And there’s snacks! “Jalapeño (Dirty) POPS,” “I Want Candy,” and “Raspberry-Chia Fruit Roll Up” are totally raw, vegan, and comforting parts of your detox. From three days to twenty-eight days, and everywhere in between, you’ll be able to follow a cleanse that makes sense to you regardless of your body type, experience, and level of knowledge. And don’t worry, The Squeeze squad has your back. For the more advanced raw babes out there, there are new recipes organized into six categories that are sure to satisfy you. Karliin strongly believes that “diets” (ewww) don’t work, so instead she will teach you how to adopt new habits to help you live happy and healthy.

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