HEALTHY JUICES That Can Help You LOSE WEIGHT



INGREDIENTS

- I stice of a ripe mange
- 2 tablespoons lemon juice
- W2 cup yogurt



INGREDIENTS

- 2 chopped tomatoes
- Juice of half a lemon
- I cup chapped watercress
- A handfut of corionder
- A pinch of salt and pepper



INGREDIENTS

- I5 medium sized cubes of watermelon
- Finch aloe vera leaf
- 2-3 strawberries
- A pinch of block pepper



INGREDIENTS

- 2 aranges
- 92 inch turmeric root
- V2 corret
- V2 green apple A pinch of solt



INGREDIENTS

- · 2 slices of pineapple
- W2 cucumber
- 3-9 spinoch leaves
- I cup coconut water



INGREDIENTS

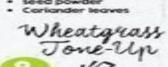
- 3-4 kale leaves
- Lemon juice
- I pear
- W2 cucumber
- I teaspoon roasted cumin
- seed powder

Lose-Weight Lemonade



INGREDIENTS

- Hemon
- I tablespoon maple syrup
- W2 feaspoon roasted cumin powder
- A pinch of salt
- A pinch of black pepper





INGREDIENTS

- 3-4 kate leaves
- Lemon juice
- Loegr
- W2 cucumber
- I teaspoon roasted cumin
- seed powder
- Corionder leaves



<u>Juicing For Health Fun Guide To Fitness And Weight</u> <u>Loss</u>

L Darling-Hammond

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