



Supercharged Green Juice & Smoothie Diet: Over 100 Recipes to Boost Weight Loss, Detox and Energy Using Green Vegetables and Super- Supplements

Christine Bailey

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Green juices and smoothies are the go-to drink of the moment. They are fantastically healthy, packed with vitamins, minerals and phytonutrients. And they're also much better for you in terms of sugar content and balanced energy levels. Christine Bailey takes green juicing to a whole new level. *Supercharged Green Juice & Smoothie Diet* is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Packed with nutrient-rich, health-boosting ingredients, each juice or smoothie contains at least one supercharged ingredient. These boosters include superfood powders such as acai berry powder (one of the most concentrated sources of antioxidants) or collagen powder supplement (brilliant for your skin), sea vegetables, seeds, bee products, berries, herbs and tinctures.

Use the handy reference section at the back to quickly find recipes that will help you to lose weight, maximize energy levels, boost the immune system, combat ageing and look amazing. There is also a 2-day power-charged Superfood Juice Diet plan to set you on your way to looking fabulous as well as feeling great. Nutritionist and best-selling author Christine Bailey shows you how easy it is to make daily juices and smoothies, and explains the benefits of using green juices and supercharged ingredients for extra weight-loss and health-giving properties.

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From Reader Review Supercharged Green Juice & Smoothie Diet: Over 100 Recipes to Boost Weight Loss, Detox and Energy Using Green Vegetables and Super-Supplements for online ebook

Dre Battles says

The book offers great smoothie and juice recipes. Most of the recipes are simple fruits and veggies you could get at the grocery store. There are a good range of budget friendly recipes and time friendly recipes. I found most of the recipes to be very delicious. There's a great variety of sweet (fruity) and savory (veggie based) recipes. Perfect for on the go meals or quick snacks!

I received an advance reader copy of this book thanks to NetGalley, in exchange for my honest and insightful review.

Kathleen says

This book is great for many reasons. For one thing, Christine Bailey tells you what the ingredients will do for your health and well-being right on the recipe page instead of making you refer back to another page and also includes a quick reference guide in the back that tells which benefits each drink is most effective for. For another, the book has several options: use this as a diet book to detox, for a one week or one month diet plan, or just add the recipes to your life to maintain good health and a good weight. Lastly, the recipes themselves are both tasty and good for you.

I am excited to share these with recipes with my husband and sons. One of our sons turned us on to green smoothies for breakfast about a year ago and I like the guidance this book gives to help me use them to optimum advantage. I haven't located all the superfoods recommended yet, but the author says the drinks will still be good for you without all of them and also suggests substitutions for some of them. This is a book I will keep on top of my cookbook shelf for inspiration. (I received this in a goodreads giveaway.)

Michelle says

I have recently purchased a new blender to make breakfast juice and smoothies in a bid to get healthy and was on the lookout for a recipe book when I came across this new release from renowned author Christine Bailey.

What I really like about this book and what sets it apart from others is it includes in every recipe a superfood to add to your drink to make it even better for you - from acai berry powder to seeds and herbs, there is a superfood for everyone and everything!

There is an index at the front with all the superfoods so you can go through and see what you might like to stock up on at the supermarket or health food stores. I found this especially useful to get my head around what type of superfood would work for me and my health needs.

At the back of the book the recipes are listed by the health benefits you want - from losing weight to boosting the immune system. Again, this is a really handy index I referred to when I was feeling especially flat on a

Monday morning and needed an energy boost and pick me up or for a detox juice before a big night out!

I have been very hands on with this book and made a few recipes from it with plenty more that are flagged that I want to try. The recipes are mostly for green drinks made with green fruits or vegetables but there are a few non-green drinks made with beetroot, carrot, etc.

I love the images of each recipe they are vibrant and look so refreshing that no matter how tired I am it encourages me to chop, blend and whip up a drink concoction!

I recommend this book to any green drink fans, or first time juicer and smoothie makers, the easy to follow recipes and superfood information will have you feeling healthy in no time.

Reviewing for Netgalley and Nourish Books. All opinions are my own.

Heather says

Was lucky to win this book in a goodreads giveaway. Has awesome recipes, and well written. A book I'd recommend with out hesitation.

K says

ARC provided in exchange for honest review.

I enjoy making smoothies and was excited to find some new ones to add to my rotation. I should have realized it would require a lot of specialized ingredients when I read the section on the supercharged pantry. I don't like to keep a section of kitchen space just for ingredients I may use once a day. And I wouldn't know where to find some of these things (camu camu, baobab) so making these will be out of the question. If you are someone that already incorporates these into your diet this may be a great addition to your cookbook collection.

Reading Harbor says

Full disclosure: I won this book as part of a Good Reads contest.

This book is gorgeous! I love the photos that accompany the recipes for "green" smoothies. There is a lot of diversity in terms of herbs and nutrients that are recommended for the green drinks. There are a few other colored smoothie recipes thrown in, too, which pair well. I enjoy the little articles that go between the recipes. Also, there are small sections that detail how you can plan your smoothie charged diet. Each recipe includes a table with nutritional information. This book is very well put together.

Deborah Mccloud says

great book easy to follow tips and i think i will try a few of them

Jill says

After reading the beginning of the book and the parts about the diets and glancing through the recipes, I want to try some of them.

Gina says

I received this book as a First Read. I like how it lays out the daily and weekly plans for juices and smoothies. I also like that it provides sweeter more tolerable greens recipes for people who normally aren't fans of green juices and smoothies. There are some nice recipes like Gingerbread Shake, Wakeup Juice, Rockin' Beet Boost, Basil Green Cream, and Cauliflower Caramel. I appreciated that the book specified which recipes were gluten free, dairy free, nut free, vegan, etc. I wish there had been more photos. Some of the ingredients are less common and hard to find so I also wish that some alternatives had been presented in the recipes. All in all a nice compilation of recipes with lots of juices and smoothies even normally anti-green people will enjoy.

Muriel says

Part health guide, part recipes, and part diet plan: Green Juice & Smoothie Diet is a handbook for jumping head first into a green drink lifestyle or just embarking on a quick detox. Christine Bailey makes drinking veggies easy. The 3 day detox includes recipes like "Deep Green" and "Minted Kale". They have relatively common ingredients with one supercharged food that might be a little more uncommon and require a trip to a health food store. The beginning of the book is a lesson in the beginnings of green juice / smoothies and a glossary of all the things you may need for a supercharged storecupboard. The chapters are divided by how long you plan to try the Green Juice & Smoothie Diet. Once you bought into the lifestyle there are plenty of more complex drinks to try. Note these juices and smoothies are not the fruity drinks you may used to, these pack in nutritional value. Interested in the green drink lifestyle? This book is for you.
