

40 Juicing Recipes for Weight Loss

By Jenny Allan



Smashwords Edition

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Introduction

Lose weight and live healthy with juice!

An effective weight loss program is not only about losing a few inches and pounds here and there, but also keeping the body nourished with essential nutrients to keep it healthy and strong. Losing weight after all should not be about starving yourself thin, but developing a healthy lifestyle that will keep your body in tiptop shape.

And here is where juicing fits the bill of a healthy and effective weight loss program. Incorporating healthy juices in your diet will help you reap the benefits of a host of essential vitamins and nutrients found in fruits and vegetables while you say goodbye to unnecessary bulk in your body without dangerously starving yourself thin.

Remember that the science behind weight loss is creating a caloric deficiency by expending more calories than you consume on a daily basis. Sure, strenuous exercise will make you burn more calories, but the best and fastest way to create a calorie deficient lifestyle is to consume fewer calories.

But do not start making yourself hungry just as yet—missing meals or not eating enough food that your body needs to function is counter-productive. Skipping meals or food deprivation will only lower your metabolism, which will make losing and maintaining weight more difficult. The key then is to consume fewer calories by replacing a high-calorie diet with a low-calorie eating regimen, like a diet of fruits and vegetables.

You will put yourself on the winning end of your weight loss diet simply by eating “thermogenic” fruits and vegetables, or those which contain fewer calories compared to the calories you need in order to digest or process them. Examples of these fruits and vegetables are apples, apricots, berries, peaches, pears, asparagus, bell peppers, broccoli, celery and green, leafy vegetables kale, spinach, cabbage and lettuce.

Eating these fruits and vegetables fresh will already make you reap their health and weight loss benefits, but consuming them as a fresh juice and blending them together in your recipes will give you optimum results. When you blend fruits and vegetables together in a juice, you can come up with a potentially healthy, filling and tasty drink that has a high concentration of vitamins, minerals, dietary fibers and other health benefits.

Juicing for weight loss is usually done either through fasting or by meal replacement. Juice fasting means you take in nothing else but juices for a whole week or two. While it is a fast and safe way to reduce weight, juice fasting is often not recommended for prolonged periods of time. If you want a more sustainable way to juice, however, meal replacement is your better option. Here, you replace one or two of your full meals—preferably breakfast because this is the optimum time for your body to take in juice—or that occasional heavy snack with juice. By replacing a meal with fresh juice, you can actually do a holistic lifestyle change for a healthier and fitter you now and in the years to come.

This recipe book, *40 Juicing Recipes for Weight Loss*, aims to help you start on a diet filled with juice. This book offers a variety of recipes for all-fruit, all-vegetables, fruit and vegetable, and even smoothie juices that are easy to follow and will hopefully encourage you to start—or keep on, if you are already right on track—a healthy and effective way to lose weight.

Before you read any further, make sure that you watch the following video and discover how it’s possible to still eat your favorite foods AND burn more calories at the same time.

It's really important that you watch this video as it has been proven that those who still eat the foods they love (in a healthy manner) are far more likely to succeed with their weight loss goals.

Important Video: How to eat what you love and burn calories:

<http://www.formulatedfitness.com/go/fatlossfactor>

All-Fruit Juices

Sweet and Salty Pineapple

Yield: 1 glass

Ingredients:

½ cup fresh pineapple chunks

2 tablespoons granulated sugar

¼ teaspoon iodized salt

1 cup filtered water

Preparation:

1. Mix sugar and salt in a cup of water. Stir until melted.
2. Put pineapple chunks in sugar and salt water. Soak for 10 minutes.
3. Pour pineapple and water in a juicer and run juicer on high speed for 30 seconds.
4. Pour juice into a glass and drink fresh.

Variation:

For a thicker and cooler alternative, add ½ cup crushed ice to pineapple and water mixture before running the juicer.

Add 2-3 mint leaves to the recipe for extra flavor.

Weight loss benefit:

This simple juice recipe is a superb fat buster because pineapples aid in digestion and help ease inflammation in the body by ridding the stomach and intestines of fat. Pineapples are also a great source of Vitamin C, which provides protection from flu.

Honeyed Guava

Yield: 1 glass

Ingredients:

1 whole medium ripe guava

½ cup cold distilled water

2 tablespoons Honey

Preparation:

1. Wash guava and cut into halves. Remove seed core and cut into 2-inch pieces.

2. Process guava and cold water in a juicer.
3. Mix honey in guava juice. Drink immediately.

Variation:

Use natural, unprocessed honey for better health benefits. Increase or decrease honey to suit your taste.

Weight loss benefit:

Guava is excellent for weight loss because it contains just a small amount of calories packed in with loads of dietary fiber.

Strawberry + Banana

Yield: 1 glass

Ingredients:

8 whole strawberries

2 medium sized ripe bananas

Preparation:

1. Pluck leaves and stems from strawberries.
2. Peel bananas and cut into 2-inch slices.
3. Put everything into juicer. Drink fresh.

Variation:

Add crushed ice before running in the juicer for a cold treat.

Add 10 pieces of pitted dates into the recipe for extra punch in taste.

For a sweeter taste, add 1 piece apple (cored and cut into wedges) into the recipe. This will also infuse your juice with the toxin removal properties of apples.

Weight loss benefit:

Strawberries are high in antioxidants, which slows the aging process by blocking free radicals from the body's system.

Bananas are high in resistant starch, a type of fiber found in carbohydrate-rich foods, that enhances fat burning.

Lychee + Pomegranate

Yield: 1 glass

Ingredients:

1 cup lychee

½ whole pomegranate

1 teaspoon food-grade vanilla essence

Preparation:

1. Remove skin and seeds from lychees.
2. Peel pomegranate and slice into 1-inch cubes.
3. Process lychees, pomegranate and vanilla essence in a blender until mixed well.
4. Pour into a glass and drink fresh.

Variation:

Throw in some crushed ice before blending ingredients together to make a refreshing smoothie.

Weight loss benefit:

Lychees are low in cholesterol, saturated fat and sodium but high in copper, potassium, Vitamin C and dietary fiber.

Pomegranate is considered by many health experts as a superfruit when it comes to weight loss. It contains a huge array of vitamins and minerals that breaks up and eradicates harmful body wastes and toxins, prevents the hardening and clogging of arteries. It helps lower bad cholesterol and raises good cholesterol in the blood, develops healthier skin, reduce dental plague, fight fatigue and increase energy levels.

Watermelon + Mango + Pineapple

Yield: 2 glasses

Ingredients:

½ small watermelon

1 whole ripe mango

1 ½ cups fresh pineapple chunks

Preparation:

1. Remove the green outer rind from the watermelon. Slice the watermelon into 2-inch chunks.
2. Peel mango and cut away the inner seed from the flesh. Cut flesh into 2-inch slices.
3. Process mango, watermelon and pineapple together in a juicer.
4. Chill juice for half an hour, then serve over ice.

Variation:

Add one cup of cold filtered water to juice to thin its consistency. Adding water will yield to three glasses of juice.

Weight loss benefit:

Watermelon is cholesterol-free, high in water content, low in sodium and very rich in anti-cancer phytochemical lycopene. Watermelon will help you retain much needed water without making you feel bloated.

Loquat + Muskmelon + Pineapple

Yield: 1 glass

Ingredients:

10 whole loquats

1 small wedge of muskmelon

2/3 cups fresh pineapple chunks

2 tablespoons honey

½ cup cold distilled water

Preparation:

1. Wash loquat and remove skin. Cut into 1-inch pieces.
2. Remove outer rind and seeds from muskmelon. Cut into 2-inch slices.
3. Process loquat, muskmelon, pineapple and water in a juicer for 15 seconds. Pour into a glass.
4. Add honey and stir until fully dissolved into the juice. Drink fresh.

Variation:

Serve chilled or over crushed ice for a refreshing drink perfect during hot days.

Substitute pineapple and honey with one whole red apple and one whole lemon for a more citrusy, less sweet taste.

Weight loss benefit:

The combined properties of tropical fruits loquat and muskmelon makes this juice a potent mix for removing excessive fat around the body and reducing cellulites naturally.

Loquat is high in fiber and low in saturated fat and cholesterol. It is also a good source of Vitamin A, which is vital to maintaining visual and dental health.

Muskmelon is packed with beta-carotene, sodium, magnesium, potassium and vitamins A, B and C. It has great amounts of dietary fiber and has zero cholesterol. Muskmelon also has a sweet taste, which can satisfy a dieter's craving for desserts and other sweet treats.

Papaya + Apple + Dates

Yield: 1 glass

Ingredients:

- 1 small papaya
- 1 whole red apple
- 5 whole pitted dates

Preparation:

1. Wash, skin and remove the seeds of the papaya. Cut into 2-inch slices.
2. Wash and core pineapples. Slice into wedges.
3. Put all ingredients in a juicer or blender until a smooth juice is produced.
4. Drink chilled or over ice cubes.

Variation:

Add a teaspoon of finely chopped mint leaves to juice before drinking to add a burst of color in your juice and to make it more refreshing.

Dilute the juice with ¼ cup lime juice instead of water to further enhance the taste of papaya.

Weight loss benefit:

Papaya is packed full of vitamins A and C, calcium, iron, niacin, potassium, riboflavin and thiamine—something you cannot say of most fruits! It is also low in calories and full of energy boosting compounds that make it perfect for a breakfast that will start your day off.

With just 23 calories in a single date, the fruit is very low and caloric content. It also has none of the cholesterol and saturated fat that are a bane to dieters. Aside from that, dates are also full of fibers and have more than 20 different amino acids that aid in digestion and help the body absorb carbohydrates easier and manage blood sugar levels.

Muskmelon + Apple + Lemon

Yield: 1 glass

Ingredients:

- 1 small wedge muskmelon
- 1 whole red apple
- 1 whole lemon
- ½ cup ice cubes

Preparation:

1. Skin muskmelon and remove seeds. Cut into 2-inch slices.
2. Wash, peel and core apple. Cut into 1-inch slices.
3. Peel lemon and remove seeds. Cut into half-inch slices.
4. Process muskmelon, apple, lemon and ice cubes in a juicer until a smooth juice is created.

5. Serve and drink immediately.

Variation:

Add a dash of cinnamon or cayenne pepper to enhance the juice's metabolism boosting properties.

Weight loss benefit:

The combination of muskmelon and lemon helps ease symptoms of high blood pressure and regulates the body's sugar absorption.

Apple + Kiwi + Orange + Pineapple

Yield: 2 glasses

Ingredients:

2 medium red apples

4 whole kiwis

2 medium oranges (preferably seedless)

1 medium pineapple

Preparation:

1. Core apples and slice into wedges.
2. Peel the kiwis. Cut into one-inch thick slices.
3. Remove the outer rind of the oranges but leave as much white skin intact as these are rich in nutrients. If oranges are not seedless, be sure to remove seeds as these will make your juice bitter if left intact.
4. Peel, core and cut pineapple into spears.
5. Remove the outer rind of the lemon and lime quarters.
6. Run all ingredients into juicer. Stir or shake before serving.

Variation:

Add ¼ lemon fruit and another ¼ lime into the recipe to make your juice more tangy and citrusy. Remember that adding fresh lemons to your juice will help increase weight loss because the citric acid in lemons helps regulate the body's metabolism and sugar absorption.

Weight loss benefits:

Apples are terrific for everyday juicing because they are rich in pectin, an enzyme that removes toxin in the intestines.

Oranges are packed with virus-fighting Vitamin C, relieve constipation and help inhibit kidney ailments.

Kiwis are rich in antioxidants and strengthen the immune system. Kiwis contain more Vitamin C than oranges, as much potassium as bananas and high levels of appetite-suppressing fibers—truly a weight loss gem!

Grape + Cactus + Muskmelon + Mango

Yield: 1 glass

Ingredients:

1 cup seedless grapes

¼ cup cactus pear fruit juice

2 small wedges of muskmelon

2 whole medium ripe mangoes

½ cup ice cubes

Preparation:

1. Wash grapes thoroughly.
2. Skin muskmelon and remove all the seeds. Cut into 2-inch slices.
3. Peel mango and cut away the seed from the flesh. Cut flesh into 2-inch slices.
4. Put all ingredients, including cactus juice and ice cubes, in a juicer. Drink fresh.

Variation:

If you cannot find seedless grapes, do not fret. You can juice whole grapes with seeds intact for additional antioxidant properties derived from grape seeds.

Use 2 whole, skinned fresh cactus pear fruit in place of fruit juice indicated in this recipe to get more raw fiber from the fruit.

Weight loss benefit:

Grapes offer loads of benefits aside from helping you lose weight. It is also packed with Vitamin C, boosts energy, improves vision and inhibits the growth of cancer cells.

Cactus pear fruit (also called prickly pear) is an excellent appetite suppressant because it is rich in dietary fiber that will make you feel full. The fruit also lowers blood pressure and improves the health of the vascular system.

All-Vegetable Juices

Beet + Celery

Yield: 1 glass

Ingredients:

½ cup cubed beets or 1 small whole beet

1 cup celery stalks (about 5 stalks), chopped

1 cup spinach leaves, chopped

¼ cup coriander leaves (about 2 sprigs), chopped

1 teaspoon salt

Preparation:

1. Rinse celery, spinach and coriander in running water. Chop.
2. Wash beets and cut into wedges.
3. Process all ingredients in a juicer. Pour in a glass and drink fresh.

Variation:

Add a squeeze of lemon in your juice for a tangy and citrusy taste.

Weight loss benefit:

Beets are an excellent source of nutrients and are powerful cleanser of the bladder, kidney and liver. Because beets are high in oxalic acid, it is best to avoid combining beets with calcium rich vegetables such as broccoli. The strong flavor of beets, however, is best combined with celery, lettuce, carrots, and apples.

Celery is high in fiber, low in cholesterol and low in protein—an excellent weight loss vegetable, indeed!

Cucumber + Kale + Spinach

Yield: 1 glass

Ingredients:

2 whole small cucumbers

1/2 cup kale

¼ cup spinach

¼ cup parsley

¼ cup Swiss chard

½ slice lemon

Preparation:

1. Rinse kale, spinach, parsley and Swiss chard under cold running water. Without removing small stems, chop each vegetable separately.
2. Wash cucumbers and slice into 1-inch chunks.
3. Remove rind and seeds from lemon. Slice thinly.
4. Run all ingredients through a juicer. Pour into a glass and serve fresh.

Variation:

Add a natural sweetener like stevia if you want to improve the taste of this mean green health juice.

It is best to drink vegetable juices at room temperature to preserve nutrients that may dissolve at colder temperature. If you should want to have this juice cold, however, pour juice over ice cubes just before drinking. Do not chill.

Weight loss benefit:

Called the “queen of vegetables,” kale is a powerhouse of phytonutrients and vitamins A, C and K that are excellent antioxidants. Kale contains more calcium than milk, more iron than beef and ten times more Vitamin C than spinach.

All green vegetables effectively clean the digestive tract and the blood. This green juice will give you much energy as it also cleanses your body.

Asparagus + Coriander + Onion

Yield: 1 glass

Ingredients:

1/3 cup asparagus (about 3 medium spears)

½ cup coriander leaves (about 5 sprigs)

1 ½ tablespoons chopped white onion

2 tablespoons brown sugar

1 ½ cup distilled water

Preparation:

1. Rinse asparagus in cold running water. Cut into 1-inch cubes.
2. Boil 2 cups water and add asparagus. Cook until it becomes tenderly crispy and bright green. Do not cook until it becomes mushy or olive green in color. Remove asparagus from water and dry well. Set aside.
3. Rinse coriander in cold running water. Chop coriander leaves.
4. Wash onions. Chop into 1-inch cubes.

5. Put asparagus, coriander and onion in a juicer. Add 1 ½ cup distilled water and sugar. Process until a smooth juice is produced.

6. Pour into a glass and drink fresh.

Variation:

Squeeze a few drops of lemon to counter the strong taste of coriander.

For an added kick, add 4 thin slices of ginger before juicing.

Weight loss benefit:

Asparagus is an alkaline based vegetable which makes it ideal for burning fat. It is low in calories but high in protein, folic acid, beta-carotene and Vitamin C.

Coriander leaves contain a host of nutrients, fiber, carbohydrates, Vitamin C and minerals such as calcium, iron, niacin, potassium, phosphorous, riboflavin, thiamin and oxalic acid. Coriander promotes digestion and cleanses and strengthens the stomach. It is also a good diuretic (promotes the production of urine), which helps rid the body of toxins.

Carrot + Watercress + Spinach

Yield: 1 glass

Ingredients:

2 medium carrots

1 cup watercress (about 15 sprigs)

½ cup spinach leaves

¼ cup coriander leaves (about 3 sprigs)

2 whole tomatoes

Preparation:

1. Rinse carrots in cold running water. Peel and dice into 1-inch cubes.

2. Rinse watercress, spinach and coriander in running water. Chop.

3. Wash tomatoes. Do not peel.

4. Process all ingredients in a juicer on high speed setting to ensure a good blend.

5. Pour juice into a tall glass. Best enjoyed as a morning drink.

Variation:

Add 1 teaspoon of ground black pepper and 1 teaspoon of rock salt before juicing for an added kick.

Weight loss benefit:

Carrots are high in polyunsaturated fats or good cholesterol. Carrots are also rich in fiber, which helps speed up the body's metabolism and prevents it from storing energy as fat.

Watercress is an excellent source of potassium, which serves as a diuretic to draw excess fluid from the body. Because watercress has more sulphur than almost any other vegetable, it is excellent in blood purification, protein absorption, cell building and promoting healthy skin and hair.

When consumed raw, spinach is an excellent source of foliate, manganese and vitamins A and K. Spinach is high in fiber and low in fat, sodium, cholesterol and protein.

Broccoli + Bell Pepper + Carrots

Yield: 1 glass

Ingredients:

3 cups broccoli (about 2 stalks)

½ cup chopped green bell pepper (about ½ medium whole)

2 cups carrots (about 4 medium whole)

Preparation:

1. Rinse broccoli in cold running water. Cut into 2-inch pieces.
2. Wash bell peppers, remove seeds and chop.
3. Wash carrots, remove tops and cut into 2-inch slices.
4. Juice the broccoli, bell pepper and carrots together. Serve immediately.

Variation:

Carrots are the most versatile vegetable that can be used in making healthy juices. You can combine them with almost any vegetable or fruit and it will still taste good. Try adding a small apple into this recipe to make a sweet concoction.

Weight loss benefit:

Rich in foliate, manganese and vitamins A and K, broccoli is an excellent vegetable for losing weight because it is high in fiber and very low in cholesterol. You can help yourself with almost an unlimited serving of raw broccoli and you will feel satiated without having to gain hard-to-burn calories!

Unknown to many, bell peppers are actually a good source lycopene, beta carotene, potassium and fiber. Bell pepper increases your metabolism, controls your appetite and suppresses your craving for sweets.

Carrots are an excellent source of beta carotene, calcium, iron, magnesium, potassium, riboflavin and vitamins A and C.

Cabbage + Beet + Cucumber + Carrots

Yield: 1 glass

Ingredients:

2 large leaves of cabbage

1 small beet

½ medium cucumber

4 medium carrots

Preparation:

1. Wash all ingredients thoroughly.
2. Roll cabbage leaves tightly into balls.
3. Peel beet and cut into cubes.
4. Cut cucumber into cubes.
5. Peel carrots and slice into chunks.
6. Process all ingredients in a juicer. Drink fresh.

Variation:

Use more cucumber if you want to increase the quantity of your juice. Adding water will do the same trick, but using water-rich cucumber instead will add in more nutrients than water.

Juicing tip:

When using cabbages in a recipe, you will extract more juice from the cabbage if you run it with hard produce like beet.

Weight loss benefit:

Cabbages are extremely high in Vitamin K and manganese. Those on high-fiber, low-fat, low-sodium and low-protein weight loss program will benefit most from incorporating cabbages into their diet.

Fruit and Vegetable Juices

Orange + Parsley

Yield: 1 glass

Ingredients:

5 whole oranges

½ cup parsley

Preparation:

1. Peel oranges and remove the seeds.
2. Rinse parsley in running water. Leave for a few minutes to dry before chopping.
3. Put oranges and parsley through a juicer. Pour into a chilled glass and drink immediately.

Variation:

For a fancy presentation, form two layers when pouring this juice into a glass by juicing the oranges and the parsley separately. Pour the orange juice first and then slowly pour parsley juice over it. The parsley juice will not mix with the orange juice and keep its place above it in your glass. You can just stir the juice before drinking if you do not enjoy the taste of pure parsley.

Juicing Tip:

When juicing oranges, remember to remove the outer rind but leave as much white skin intact as these are rich in nutrients.

Weight loss benefit:

Herbs such as parsley figure well in a weight loss program because they aid in digesting and absorbing food while providing a low-calorie diet.

Apple + Carrot + Celery

Yield: 1 glass

Ingredients:

2 medium apples

3 medium carrots

4 large stalks of celery

Preparation:

1. Wash all ingredients thoroughly.
2. Core the apples but do not peel. Cut into segments.

3. Remove greens from the carrots. Slice into 1-inch cubes.
4. Cut celery into 2-inch sticks.
5. Run all ingredients through a juicer. Pour into a glass and drink.

Variation:

Add a dash of cinnamon to the juice and stir before serving for an added kick.

For added natural sweetness, put in one more apple to your juice.

Weight loss benefit:

This recipe is good for those who are still easing themselves into juicing and are not quite prepared for dark colored juices—you get all the benefits from the fresh and healthy ingredients without feeling “hardcore” about it.

Pear + Celery + Ginger

Yield: 1 glass

Ingredients:

½ cup pear slices (or 1 medium fruit)

½ cup diced celery (or 1 large stalk)

1-inch cube of ginger root

Preparation:

1. Make sure all ingredients are thoroughly washed before preparing according to measurement indicated.
2. Run all ingredients through a blender. Pour over ice cubes in a glass. Serve immediately.

Variation:

For a creamier texture to this juice, process juice and ice cubes (about 5 pieces) in a blender.

Weight loss benefit:

Pears act as a mild laxative while celery is a good natural diuretic. On top of this, ginger aids in proper digestion.

Banana + Apple + Bitter Melon

Yield: 1 glass

Ingredients:

2/3 cup sliced bananas

2/3 cup sliced raw bitter melon

2/3 cup diced apples

½ cup distilled water

Preparation:

1. Wash and then prepare or cut bananas, apples and bitter melon according to recipe specification.
2. Process all ingredients in juicer. Pour into a glass and serve immediately.

Variation:

Try adding a teaspoon of vinegar to the recipe to prevent color darkening of banana and apple due to oxidation.

If you still find the juice to be bitter despite the apple in the recipe, add a tablespoon or two of natural honey to sweeten it more.

Weight loss benefit:

Bitter melon aids in digestion and detoxification. It also helps regulate energy and fat storage.

Mango + Banana + Peach + Spinach

Yield: 1 glass

Ingredients:

¼ cup mangoes

1 medium ripe banana

¼ cup peaches

¼ cup spinach

¼ cup distilled water

Preparation:

1. Peel mangoes and separate the flesh from the seed. Cut flesh into 2-inch cubes.
2. Peel bananas. Cut into 2-inch slices.
3. Cut peaches in half. Scoop out the flesh.
4. Rinse spinach in cold running water. Chop.
5. Process all ingredients, including the water, in a juicer or a blender.
6. Pour juice over crushed ice in a glass. Drink immediately.

Variation:

Chop 3 fresh mint leaves and add in the juice for a more refreshing treat.

Juicing tip:

The base ingredient in this juice is banana. Try it with any fruit and vegetable combination—like strawberries, pineapples, kale, Swiss chard or lettuce.

If you want a creamier juice, try using avocados or coconut.

This juice is best taken as your breakfast, so if you are constantly in a rush in the morning, you can prepare this juice in the evening and just put it in the refrigerator. Juices and smoothies will usually remain fresh for 24 hours.

Weight loss benefit:

Aside from potassium, bananas are also rich in fiber, amino acids, manganese and Vitamin B6. It is an excellent fat burning food due to its high content of resistant starch, which helps rid the body of excess fats.

Orange + Beet + Carrot + Mint

Yield: 1 glass

Ingredients:

2 oranges

1 medium sized red beet

4 medium sized carrots

8 pieces mint leaves

Preparation:

1. Wash all ingredients thoroughly, especially the beets.
2. Peel oranges and remove seeds, but leave as much white pith as possible to retain fiber.
3. Remove greens from the beets. You may or may not peel the beets before cutting into 1-inch cubes.
4. Remove greens from carrots and cut into 1-inch cubes.
5. Process all ingredients in a juicer. Pour into a glass and serve.

Variation:

Add 2 medium stalks of celery to the recipe to further enhance the taste of beets.

Juicing tip:

When a recipe calls for juicing vegetables and fruits with their peel or skin intact (such as beets and carrots), it is best to use organic produce since they are grown without the use of chemical fertilizers or pesticides.

Weight loss benefit:

This juice is a powerful antioxidant. Although best to take in moderation, beets are good for weight loss because they are low in fat, fight water retention and help your body flush out toxins.

Pineapple + Carrot + Lime + Chili

Yield: 1 glass

Ingredients:

1 cup pineapple chunks

1 cup chopped carrots

1 tablespoon lime juice

½ small red or green chili

4-5 ice cubes

Preparation:

1. Make sure all produce were washed thoroughly before chopping or juicing.
2. Prepare pineapples and carrots according to cut and measurement required by the recipe.
3. Slice the chili in half and remove seeds and stem.
4. Juice the pineapple and carrot. Process pineapple and carrot juice, lime juice chili and ice cubes in a blender. Consume immediately.

Variation:

For a more pulpy juice, skip juicing the pineapple and carrots separately and process all ingredients at once using a blender.

Weight loss benefit:

This is a Vitamin C packed juice that will help boost your immune system.

Adding chilies to your juice not only gives a surprising kick but also helps in accelerating your metabolism.

Kiwi + Pineapple + Cucumber + Broccoli

Yield: 1 glass

Ingredients:

1 whole kiwi, peeled and sliced

2/3 cup pineapple chunks

1/3 cup cucumber slices

1/3 cup diced broccoli

Preparation:

1. Carefully wash and prepare all ingredients according to recipe.

2. Run everything through a juicer. Pour into a glass and serve.

Variation:

Add 1/3 cup crushed ice to the juice and stir before serving for a more refreshing drink.

Weight loss benefit:

Pineapples are rich in enzymes that will help detoxify the body by flushing out accumulated mucus.

Lemon + Apple + Red Leaf Lettuce + Cucumber

Yield: 1 glass

Ingredients:

1 green apple

½ lemon fruit

5 outer leaves of red leaf lettuce

1 cucumber

Preparation:

1. Wash all ingredients thoroughly.
2. Core apple and slice into wedges.
3. Peel lemon and remove the seeds.
4. Shred red leaf lettuce into salad size servings.
5. Slice cucumber into 2-inch pieces.
6. Process all ingredients in a juicer or blender. Serve over crushed ice if you prefer your juice cold.

Variation:

Add ½ small ginger (peeled and chopped) for an extra zing to this juice.

Juicing tip:

Red leaf lettuce will make your juice deep green in color with a smoother taste compared to bitter alternatives such as kale, spinach and parsley.

When incorporating ginger in your juice, expect to feel a slight “burn” in your body—that’s ginger rousing your blood circulation and jumpstarting your body’s immune system!

Weight loss benefit:

Red leaf lettuce is rich in calcium, folate, iron and vitamins A and K.

Using ginger in your juice will not only give a spicy and citrusy taste; it will also help boost your immune system by shielding your body from viral infections and inflammatory conditions such as arthritis. Ginger also stimulates sweating which is important in discharging toxins through the skin.

Cucumber + Apple + Carrots + Celery

Yield: 1 glass

Ingredients:

4 red apples

1 small cucumber

2 large carrots

2 celery stalks

Preparation:

1. Wash all ingredients thoroughly. Pay particular attention to the carrots, which tend to bind dirt and soil in their skin.
2. Core the apples but do not remove the outer skin. Cut into wedges.
3. Without peeling, cut cucumber, carrots and celery into 3-inch strips.
4. Process all ingredients in a juicer. Best served over crushed ice.

Variation:

Use a medium sized cucumber to increase the yield of this recipe.

Weight loss benefit:

This good-tasting juice is ideal for flushing out toxins and unwanted fats from the body.

Apple + Kale + Lettuce + Celery + Cucumber

Yield: 1 glass

Ingredients:

1 medium red apple

3 large leaves of kale

2 large leaves of lettuce

3 stalks of celery

½ medium cucumber

Preparation:

1. Wash all ingredients thoroughly.
2. Core apple but do not peel.
3. Cut celery into 2-inch lengths.

4. Roll kale and lettuce leaves into balls and run together with apple or celery through a juicer. Add the cucumber chunks to juice together with the previous four ingredients.

5. Pour into a glass and enjoy your green juice.

Variation:

Add a small piece of peeled ginger for extra zing to your juice.

Weight loss benefit:

The combination of kale, lettuce, celery and apple makes this juice a great cleansing juice that will help rid your body of toxins and unhealthy fats.

Carrot + Apple + Spinach + Celery + Parsley

Yield: 1 glass

Ingredients:

2 cups chopped carrots (about 4 medium wholes)

1 cup quartered apple (or 1 small whole)

2 cups spinach leaves

2 stalks of celery (10-inch long each)

4 parsley leaves

Preparation:

1. Rinse all ingredients in running water.

2. Remove greens and chop the carrots into 1-inch chunks.

3. Without peeling, core and quarter the apple.

4. Roll spinach leaves into small balls that would fit into the feeding chute of your juicer.

5. Juice a chunk of carrot with spinach and parsley leaves. This process will help extract more juice from greens.

6. Juice celery stalks and then the apples.

7. Pour into a drinking glass and serve.

Variation:

Add one small cucumber to this recipe to increase the quantity of your juice per serving.

If strawberries are in season, add 5 pieces of strawberry to the recipe. Strawberries, which go well with spinach, will help enhance the flavor of this juice.

Weight loss benefit:

Drinking the juice of carrot and parsley will help you trim your food cravings because these vegetables are appetite suppressants.

Grape + Apple + Red Cabbage + Celery + Ginger

Yield: 1 glass

Ingredients:

1 cup seedless grapes

1 1/3 cup chopped apples

¼ cup coarsely chopped red cabbage

3 large stalks of celery

1 thumb of ginger

1 tablespoon balsamic vinegar

Preparation:

1. Wash all ingredients thoroughly.
2. Core and chop apples into 1-inch cubes. Chop red cabbage. Peel ginger and slice into strips.
3. Run all fruits and vegetables through a juicer. Pour into a glass.
4. Add balsamic vinegar and stir before drinking.

Variation:

Add the juice of half a lemon fruit to recipe for a sweet citrusy taste to counteract the acidity of balsamic vinegar.

Weight loss benefit:

Don't let this purple colored juice fool you—it is packed with an excellent amount of vitamins and nutrients that is as healthy green as any power fruit and vegetable juice.

Just like your green cabbage variety, red cabbage is rich in lactic acid, phytonutrients and vitamins A, C and E—but that's not all. Unlike its green sister, red cabbage derives its color from anthocyanin, an antioxidant that counteracts obesity-causing metabolic syndrome, insulin problems and hypertension. Anthocyanin also helps protect brain cells from Alzheimer's disease.

Apple + Beet + Sweet Potato + Bell Pepper + Carrot

Yield: 1 glass

Ingredients:

2 medium red apples

2 medium beets

1 cup sweet potato cubes (about one 5-inch long potato)

1 medium red bell pepper

1 large carrot

Preparation:

1. Wash all ingredients thoroughly.
2. Core apple and remove seeds. Cut into 1-inch cubes.
3. Cut beets into wedges.
4. Wash bell peppers, remove seeds and cut into half-inch strips lengthwise.
5. Remove greens and chop the carrot into 1-inch chunks.
6. Run all ingredients through a juicer. Pour into a glass. Stir before serving.

Variation:

Add 1 medium sized orange to the recipe for a citrusy flavor to your juice. Remember to peel the orange and remove its seeds before juicing.

Weight loss benefit:

Sweet potatoes are high in dietary fiber, high in water content, low in calories and low in sugar. It is thus an excellent addition to your weight-loss diet.

Avocado + Grape + Apple + Spinach + Celery + Lime

Yield: 1 glass

Ingredients:

1 1/3 cup avocado cubes (about 1 whole fruit)

2/3 cup seedless grapes (about 15 pieces)

2 medium apples

2 cups spinach leaves

3 large stalks of celery

1 whole lime fruit (about 2 inches in diameter)

Preparation:

1. Make sure to have all ingredients washed clean before chopping and juicing.
2. Cut the avocado into halves. Remove seed and scoop out the meat from the skin.
3. Cut each apple into quarters and remove seeds. Leave skin intact.
4. Roll about a tablespoonful of spinach into tight balls.
5. Cut celery stalks into 3-inch long strips.

6. Peel lime and remove seeds, but keep as much inner rind (white skin) as possible for maximum fiber benefit.

7. Except for the avocado, run all ingredients through a juicer. Remember to juice each ball of spinach leaves together with a strip of celery to extract more juice from the spinach.

8. Pour avocado meat into a blender. Add the juice from the other ingredients. Blend until smooth. Serve immediately.

Variation:

Add half a cup of ice cubes before blending for a smoother and cooler drink.

Juicing tip:

Consider processing meaty fruits like avocado, coconut and banana with a blender rather than a juicer to maximize benefits from fiber and also to have a juice with a creamier consistency.

Weight loss benefit:

Avocado is rich in monosaturated fat, which makes it an ideal replacement for foods with high harmful levels of saturated fat that is harmful to your health. Avocado is also abundant in vitamins and nutrients, including beta-sitosterol, a nutrient that helps in maintaining a healthy blood cholesterol level and also promotes prostate health in men.

Apple + Beet + Sweet Potato + Bell Pepper + Carrot

Yield: 1 glass

Ingredients:

2 medium red apples

2 medium beets

1 cup sweet potato cubes (about one 5-inch long potato)

1 medium red bell pepper

1 large carrot

Preparation:

1. Wash all ingredients thoroughly.

2. Core apple and remove seeds. Cut into 1-inch cubes.

3. Cut beets into wedges.

4. Wash bell peppers, remove seeds and cut into half-inch strips lengthwise.

5. Remove greens and chop the carrot into 1-inch chunks.

6. Run all ingredients through a juicer. Pour into a glass. Stir before serving.

Variation:

Add 1 medium sized orange to the recipe for a citrusy flavor to your juice. Remember to peel the orange and remove its seeds before juicing.

Weight loss benefit:

Sweet potatoes are high in dietary fiber, high in water content, low in calories and low in sugar. It is thus an excellent addition to your weight-loss diet.

Tomato + Apple + Asparagus + Spinach + Celery + Cucumber

Yield: 1 glass

Ingredients:

½ ripe red tomato

2 red apples

2 stalks of asparagus

1 bunch of spinach

3 stalks of celery

1 cucumber

Preparation:

1. Rinse and clean all ingredients in water.
2. Core the apple but do not peel.
3. Discard the hard parts of the asparagus stalks.
4. Squeeze spinach leaves into tight balls that will fit in the mouth of your juicer.
5. Cut celery into good-sized chunks.
6. Slice cucumber into 2-inch chunks. Leave the skin intact.
7. Process all ingredients into a juicer, alternating harder produce with softer ones so as not to clog the juicer. Drink fresh.

Juicing tip:

To get the most juice from spinach, run it through a juicer together with hard produce like the apple in this recipe.

Weight loss benefit:

You will benefit from the greens included in this recipe by having an energy boost—perfect for starting your day with increased metabolism and fat burning!

Grape + Apple + Lemon + Cucumber + Parsley + Celery + Beet

Yield: 1 glass

Ingredients:

1 cup grapes

1 apple

1 lemon

1 cucumber

½ cup parsley

4 stalks celery

1 medium beet

Preparation:

1. Rinse all ingredients in running water to remove dirt and soil.
2. Core apple but do not remove the skin. Cut into medium sized wedges.
3. Peel lemon and remove seeds. Cut into half-inch slices.
4. Wash cucumbers and slice into 1-inch chunks.
5. Chop parsley and celery.
6. Cut beets into wedges.
7. Run all ingredients through a juicer.
8. Pour juice over crushed ice in a glass. Drink fresh.

Variation:

Add ½ jalapeno pepper (with seeds discarded) for an extra punch to this green juice.

Juicing Tip:

Adding beets to your juice will impart it with a deep red color—an interesting way to make your “green” juice pop with color!

Weight loss benefit:

This juice has an all-star cast of fruits and vegetables that contain loads of vitamins and minerals that are great for your health. Best of all, it is a filling substitute to a meal.

Apple + Collard Greens + Kale + Cilantro + Bell Pepper + Carrot

Yield: 1 glass

Ingredients:

1 1/3 cup chopped apples

1 cup chopped collard greens
1 cup chopped kale leaves
1 cup chopped cilantro leaves
½ cup chopped red bell pepper
1 ½ cup chopped carrots

Preparation:

1. Rinse all ingredients under cold running water before peeling and chopping.
2. Run all ingredients through a juicer. Pour into a glass and stir. Drink immediately.

Juicing tip:

For easy juicing, pack a tablespoon of green leafy vegetables such as collard greens, kale and cilantro into tight balls before putting through the juicer chute. Alternate greens and other vegetables or fruits to avoid clogging your juicer.

Weight loss benefit:

Collard greens, a close cousin to kale in the cabbage family of vegetables, are rich in fiber and vitamins. It is rich in calcium and low in calories.

Blueberries + Apple + Orange + Zucchini + Red Cabbage + Kale + Cucumber

Yield: 3 glasses

Ingredients:

1 cup blueberries
2 cups quartered apples (or 2 small wholes)
1 medium orange, peeled and deseeded
2 cups sliced zucchini (about 2 small wholes)
1 cup chopped red cabbage (about ¼ small head)
1 cup chopped kale leaves, chopped (about 4 medium leaves)
2 cups diced cucumber (about ½ small cucumber)

Preparation:

1. Wash and prepare vegetables and fruits in sizes that will fit the feeding chute of your juicer.
2. Put all ingredients through a juicer.
3. Pour into glasses and serve fresh.

Variation:

Add a tablespoon of shredded young coconut meat for every glass of juice

Juicing tips:

For best juicing results, run kale leaves and apples together through juicer.

It is always best to juice apples with their skin on to get the most out of the apples' nutrients. Always discard the seeds though, as apple seeds contain toxins that are harmful to your body.

Weight loss benefit:

Zucchini makes a versatile addition to your juice diet because it cleanses and promotes stable blood sugar level.

Blueberries are an excellent fruit for weight loss because it helps get rid of belly fat and accelerates the reduction of overall body weight.

Fruit Smoothies

Mango + Green Tea

Yield: 1 glass

Ingredients:

1 cup sliced ripe mangoes

½ cup freshly brewed green tea

1 tablespoon raw honey

½ cup low-fat yogurt

1 cup ice cubes

Preparation:

1. Cool brewed green tea to room temperature.
2. Peel mangoes, remove seed and slice.
3. In a blender, mix all ingredients and process until smooth.
4. Pour into a glass and serve immediately.

Variation:

You can use flavored yogurt in vanilla or in any flavor that would complement mangoes—try berries or banana!

Weight loss benefit:

This tea-based smoothie is not only delicious, nutritious and filling but also a great metabolism booster because of the catechins and caffeine found in green tea.

Strawberry + Banana + Mango

Yield: 1 glass

Ingredients:

½ cup whole strawberries

½ cup banana slices

¼ cup ripe mango slices

½ cup low-fat yogurt or milk

Ground nuts (any kind) for sprinkling

Preparation:

1. Wash all ingredients before preparing.
2. Remove leaves and stems from strawberries. Set aside.
3. Peel banana and cut into 1-inch slices (crosswise).
4. Peel mango and remove seed. Cut into 2-inch strips.
5. Put all ingredients in a blender. Process until creamy and smooth. Pour into a glass and drink immediately.

Variation:

For a cold treat, add about half a cup of ice cubes before blending.

Want something extraordinary? Replace yogurt or milk with your preferred flavor of low-fat ice cream!

Weight loss benefit:

This smoothie is a thirst and hunger quencher packed with nutrients and vitamins. Best of all, it tastes great!

Banana + Peach + Prunes

Yield: 1 glass

Ingredients:

- 1 cup diced ripe bananas
- ½ cup pitted peach
- 2 whole pitted prunes (dried or fresh)
- ½ cup low-fat milk
- ½ cup low-fat yogurt
- 1 tablespoon raw honey

Preparation:

1. Peel bananas and dice.
2. Cut each peach fruit into halves.
3. In a blender, mix all ingredients and process until smooth.

Variation:

For a cold treat, add about half a cup of ice cubes into the mix before blending.

Stir in 1 tablespoon of raw honey to your juice before drinking for a sweeter but nonetheless healthy version of this recipe.

Weight loss benefit:

This is an all-natural, low-fat, high-fiber juice suited for those on a weight loss juicing diet.

Because peaches are sweet, they are good a substitute for sweets like chocolates, ice cream and candy. Best of all, a medium-sized peach fruit contains only 38 calories but packs loads of vitamins C and K, phosphorous, magnesium and calcium.

Orange + Apple + Berries

Yield: 1 glass

Ingredients:

2 whole oranges

1 cup apple (cored and sliced)

½ cup fresh or frozen strawberries

½ cup fresh or frozen raspberries

½ cup low-fat yogurt or milk

Preparation:

1. Put all ingredients in a blender and process until smooth and well mixed.
2. Pour into a tall glass and serve.

Variation:

Add a few mint leaves (about 3 to 5 leaves) before blending to further enhance the taste of berries.

Mix half a cup of crushed ice with the juice before serving for a cold treat.

Weight loss benefit:

With all the berries and citrus in this smoothie, this is a powerhouse of Vitamin C that will certainly boost your immune system. Plus, the combination of yogurt and apples will work wonders for your digestion.

Berries + Banana + Chia Seeds

Yield: 1 glass

Ingredients:

1 cup assorted berries

½ cup banana

3 tablespoons whey protein powder

1 tablespoon dried chia seeds

1 cup low-fat milk (almond, soy or skim milk are great choices)

½ cup ice cubes

Preparation:

1. Peel the bananas and cut into 1-inch thick slices
2. Put all ingredients in a blender and process until smooth. Pour into a glass and drink fresh.

Variation:

While fresh berries are best used for this recipe, do not worry if you only have dried ones. Just soak dried berries in water for a few minutes (just enough to hydrate them a bit) and then proceed as if you are using fresh produce.

No available chia seeds? Try psyllium husks as an alternative.

Weight loss benefits:

Berries are a good source of carbohydrates that provides energy. They are also loaded with fiber, minerals and vitamins.

Aside from packing in heaps of vitamins, minerals and fiber, chia seeds are also full of the health fat omega-3 fatty acid and proteins that serve as antioxidants.

Overall, this nutrient-packed smoothie is a wonderfully filling, low-calorie drink perfect to have as a replacement for breakfast or even lunch.

Conclusion

To juicing and beyond

When embarking on a weight loss program, it is always useful to remember that the journey to being fit and trim does not have to be done through a road of deprivation. Trim down the calories but get high on nutritious, satisfying and delicious foods. The journey to weight loss *can* be done with fruit and vegetable juices that will keep you satiated and healthy.

Let's hope that this juicing for weight loss recipe book help you get on to your healthy voyage and may the recipe suggestions here be just the beginning of more satisfying juice drinking sessions. The road to a trim and healthy you is fast and easy with juicing. Explore more fruits and vegetables, try a new mix here and there, and welcome your new and healthy lifestyle with juicing!

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