



# Nutrition and Weight Loss: Weight Loss with Comfort Food and Juicing

*Dawn Douglas, Morton Genni*

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**Nutrition and Weight Loss: Weight Loss with Comfort Food and Juicing** Dawn Douglas, Morton Genni  
The Nutrition and Weight loss book features two diets, the comfort food diet plan and the juicing diet. Each section of the book gives great nutrition and weight loss tips using comfort foods and juicing for weight loss. Many call it the juicing detox diet but juicing recipes are another form of juicing for health with weigh loss as a great benefit to the diets. The Nutrition and Weight Loss book features these sections: Comfort Food Diet, Comfort Food What Is It, Comfort Food Breakfast Recipes, Comfort Food Lunches, Comfort Food Dinners, Comfort Food Desserts, Your Comfort Food Meal Plan, Eating with Comfort in Mind, Comfort Food - A Summary, Juicing Guide, What is the Juicing, Benefits of Juicing, Helpful Tips to Simplify Juicing for Weight Loss, Delicious Juicing Recipes for Any Meal, and Your 7 Day Juicing Diet Meal Plan. A sampling of the included recipes are: Body Cleansing Celery Juice Recipe, Fruity Cleansing Juice Recipe, Beta Carotene Deluxe Juice Recipe, Citrus and Cabbage Juice Recipe, Very Veggie Blast Juice Recipe, Tangy Grapefruit Carrot Juice Recipe, Lime Spinach Juice Recipe, Orange Mango Juice Recipe, Harvest Apple Pie, Classic American Banana Split, Chicken and Dumplings, Sunday Pot Roast, Honey Baked Ham, Down South Beef Brisket, Grandma's Beef Stew, Southern-Style Pulled Pork, Chicken Pot Pie, Chicken Noodle Soup for a Cold Day, Chicken Salad Sandwiches, Original Sloppy Joes, Rueben Sandwich with Turkey, Beef Barley Soup, Southwest Breakfast Burrito, Home-style Egg Casserole, Apple Bread Pudding, Quick and Easy Sour Pancakes, Apple Bread Pudding, Tuna and White Bean Salad, and Scalloped Potatoes.

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