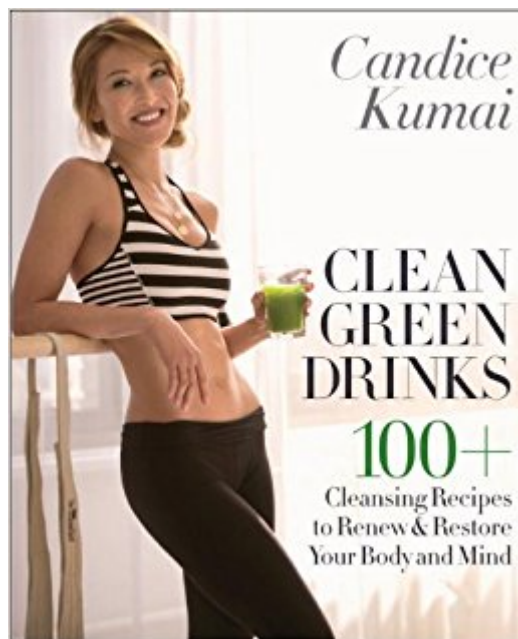




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# Clean Green Drinks: 100+ Cleansing Recipes To Renew & Restore Your Body And Mind



## Synopsis

Cleanse. Sculpt your body, boost your health, renew your mind, and improve your whole outlook on life. *Clean Green Drinks* is not just a recipe collection, but also a guide to a leaner, happier, and more fulfilled you. With more than 100 perfectly balanced, delicious drink recipes that can be made in a minute, *Clean Green Drinks* will help you sip away extra pounds as you sip away stress. Health journalist and chef Candice Kumai reveals the new science behind her enticing, refreshing flavors; and shows how easy it is to get fit, healthy, happy, and glowing!

Advance praise for *Clean Green Drinks*

“Candice’s recipes are delicious and will keep your skin glowing from the inside out. Trust me, your body will be thanking you once you introduce *Clean Green Drinks* into your diet!” •Adriana Lima, supermodel

“I’ve always been a fan of Candice’s recipes, and I can’t wait for her juices to kick-start my health! Healthy eating can be delicious!” •Nicole Miller, designer

“Candice Kumai knows how to jam a bazillion nutrients into a tasty and refreshing glass. Her creative beverages will give your body a boost and your taste buds a treat.” •Joy Bauer, M.S., R.D., C.D.N., New York Times bestselling author and nutrition expert for NBC’s *Today*

“*Clean Green Drinks* is one of the most impressive health books out there, full of amazingly delicious recipes and fresh ingredients. If it’s great health you want, this book delivers.” •Kim Barnouin, New York Times bestselling co-author of *Skinny Bitch*

“Candice Kumai is an absolute artist with recipes. She’s shaking things up with *Clean Green Drinks*. This book has taken my juicing obsession to a whole new level.” •Gabrielle Bernstein, New York Times bestselling author of *May Cause Miracles*

“Combine a passion for health and nutrition with culinary expertise and you have Candice Kumai. I recommend her books for every kitchen!” •Dr. Lindsey Duncan, celebrity nutritionist and naturopathic doctor

“Candice has whipped up the most stylish guide to juicing. Green truly is the new black.” •Michelle Smith, founder and designer, Milly

“*Clean Green Drinks* is a treasure trove of recipes •perfect for cleansing, detoxing, and everyday sipping! The beautiful pictures and design of the book are bound to inspire.” •Alexandra Jamieson, co-creator of *Super Size Me* and author of *The Great American Detox Diet*

“Going green has never been so delicious! Candice makes these recipes healthy, easy, fun, and yummy!” •Keri Glassman, nutritionist, TV personality, and author of *The New You and Improved Diet*

## Book Information

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## Customer Reviews

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Candice Kumai, former host of Lifetime’s Cook Yourself Thin and TLC’s Homemade Simple, had traveled across Asia, New York City, and Los Angeles as a fashion model by the age of fifteen. At twenty-two, she received her professional culinary training at Le Cordon Bleu College of Culinary Arts in Los Angeles and cooked in several California-based restaurants. Candice was the youngest chef to compete on Bravo’s inaugural season of Top Chef at age twenty-three. As a major influencer by the age of thirty, Candice wrote and developed recipes for more than half a dozen cookbooks, including the New York Times #1 bestseller Cook Yourself Thin, Skinny Bitch Cookbook, Recipe Rehab, and Novak Djokovic’s Serve to Win. Her cookbooks include Pretty Delicious, Cook Yourself Sexy, and Clean Green Drinks. Candice is featured in and contributes to dozens of food, health, beauty, fashion, and lifestyle shows and publications. In 2012 she began hosting workshops in New York City at the James Beard Foundation. Additionally, Candice has been an ambassador to the White House AAPI Alliance and The Resolution Project at Harvard Club of New York City. Candice has spoken at the Institute of Integrative Nutrition, Columbia University Medical Center, University of San Diego, The New York Times Travel Show, and the NBA. Candice is the chef ambassador to 1,000 Days (founded by former Secretary of State Hillary Clinton). She volunteers her time with Whole Foods, The Chef’s Garden, and Health Corps. She is a fellowship member of the UN Foundation. Candice is currently a regular judge on Food Network’s Iron Chef America, a health journalist, and food editor-at-large at Shape and Men’s Fitness magazines.

Great book!

I absolutely love this book! So many great recipes & info about clean juices & smoothies. My favorite smoothies are chocolate PB monster & lemon-blueberry bliss. I look forward to having them each time! I also love how easy the ingredients are - super simple things you can either buy @ any grocery store or health food store. Great book!

This book has so many wonderful smoothie recipes. I have tried several and I love how healthy and tasty they are. Would definitely recommend!

I use the Nutribullet with Candice's smoothie recipes and I haven't found one I didn't like yet! I prefer to create smoothies instead of juices, but many "green" books out there only have juice recipes. This book has an equal amount of each and would be perfect for someone who likes to juice, blend, or BOTH! Highly recommended!

Who needs another cookbook, or in this case smoothie book. I didn't think that I did, but after having numerous fails with smoothies, I decided recipes will get me more proficient with their mixology. I have enjoyed the few recipes from this book that I have used.

I was a strict green smoothie girl. It was me and my vitamix everyday until someone gave me a Breville Fountain of Youth juicer. This book features green smoothie recipes and juice ones! Sure you can just juice everything in your vegetable drawer or blend everything in you freezer but will it taste good? All of these recipes are great with easy to find ingredients and helpful nutrition information.

We purchased a Ninja blender several months ago and couldn't find easy, great tasting smoothy recipes until now. Stumbled upon her book on my Facebook feed and ordered it. I'm so happy I did. I chose a few recipes to start, picked up a few special ingredients and wa-la! Thanks Candice! Cheers!

I love the ideas for the green drinks. I have a least one every day which usually replaces a meal--lunch or breakfast. Great ideas!!

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Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit Clean Green Eats: 100+ Clean-Eating Recipes to Improve Your Whole Life Battlefield of the Mind Bible: Renew Your Mind Through the Power of God's Word THE COMPLETE CANCER CLEANSE: A Proven Program to Detoxify and Renew Body, Mind, and Spirit Wipe Clean: First 100 Words (Enclosed Spiral Binding): Includes Wipe Clean Pen (Wipe Clean Workbooks) Delicious Probiotic Drinks: 75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Vitamix Cookbook: 400 Vitamix Recipes for Increased Energy, Weight Loss, Cleansing and More (Soup Recipes, Smoothie Recipes) Clean -- Expanded Edition: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself Hot, Flat, and Crowded: Why We Need a Green Revolution - and How It Can Renew America, Release 2.0 Hot, Flat, and Crowded: Why We Need a Green Revolution--and How It Can Renew America Hot, Flat, and Crowded 2.0: Why We Need a Green Revolution--and How It Can Renew America Internal Cleansing : Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More (Revised 2nd Edition)

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