



power juices

How do you feel when you wake in the morning? If you often feel unrefreshed, or if you find it hard to stay alert during the day, the vitality-boosting juices in this chapter are for you. Every one of them is packed with the nutrients your body needs to generate energy. They are low in refined carbohydrates and rich in protein, to help fuel your body so that you can optimize your mental and physical efficiency all day, every day. Some of the juices and shakes, such as Tofu Power Cream, are intended to kickstart your body into action; while others, such as the Highland Boost, provide natural sugars for instant zest, but also offer slow-releasing energy from oats and nuts to keep you on an even keel from morning to night; still others are power-packed exercise shakes, for restoring energy after a workout. All in all, this chapter bursts with power juices to crank up your vitality. And with a sample energy programme to follow, too, it couldn't be easier to put the spring back into your step.