



Super 3 Day Detox Soup & Smoothie Plan: How To Cleanse Your Body With Vegetable Smoothies, Slow Cooker Soups & Fresh Fruits (The Reluctant Vegetarians) (Volume 2)

Geoff Wells, Vicky Wells

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Super 3 Day Detox Soup & Smoothie Plan is an easy to follow three-day detox diet and weight loss plan that consists of healthy, nutritious and delicious smoothies for breakfast and lunch, a hot and tasty slow cooker soup/stew for dinner, and fresh mixed fruit for dessert.

This plan fits a busy lifestyle, too, because you can pre-make your lunch smoothies and take them with you. You can also set up your slow cooker in the morning and have dinner all ready for you when you get home. Get this book now and start your detox plan right away!

Here's some insight into what's included in this book:

- A Candid Interview With the Authors
- What Are the Benefits of a Detox Program?
- What Are The Potential Side Effects of a Detox Program?
- Tips for Choosing Your Fruits, Vegetables and Herbs
- Why Raw is Best
- The Foods We Used and Why
- What the Colors of Foods Mean
- Most and Least Contaminated Fruits and Vegetables
- What NOT to Consume While Detoxing
- Staying Hydrated While Detoxing
- Food Safety
- The 3-Day Detox Program
- Detox Recipes
- Bonus Recipe

Here's a sampling of some of the superfood fruits, vegetables and spices included in our detox smoothie and slow cooker soups recipes:

- apple cider vinegar
- asparagus
- avocado
- bananas
- basil
- blueberries
- bok choy
- broccoli
- carrots
- celery
- coconut water
- cucumber

- garlic
- grapefruit
- green tea
- grapes
- kale
- parsley
- rosemary
- spinach
- strawberries
- tomato
- turmeric

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From reader reviews:

Valerie Israel:

Spent a free time for you to be fun activity to perform! A lot of people spent their down time with their family, or all their friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Can be reading a book could be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the guide untitled Super 3 Day Detox Soup & Smoothie Plan: How To Cleanse Your Body With Vegetable Smoothies, Slow Cooker Soups & Fresh Fruits (The Reluctant Vegetarians) (Volume 2) can be great book to read. May be it might be best activity to you.

Bruce Zimmerman:

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Robert Higby:

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Ronald Sadowski:

What is your hobby? Have you heard in which question when you got students? We believe that that concern was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. So you know that little person including reading or as looking at become their hobby. You have to know that reading is very important in addition to book as to be the thing. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You find good news or update about something by book. Amount types

of books that can you go onto be your object. One of them is actually Super 3 Day Detox Soup & Smoothie Plan: How To Cleanse Your Body With Vegetable Smoothies, Slow Cooker Soups & Fresh Fruits (The Reluctant Vegetarians) (Volume 2).

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