



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:

Lula Estes:

Do you among people who can't read pleasant if the sentence chained in the straightway, hold on guys this specific aren't like that. This 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) book is readable by you who hate the perfect word style. You will find the facts here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to provide to you. The writer associated with 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) content conveys thinking easily to understand by many individuals. The printed and e-book are not different in the articles but it just different as it. So , do you nonetheless thinking 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) is not loveable to be your top list reading book?

Theodore Huff:

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