

# The 21 Day Sugar Detox Cookbook Over 100 Recipes For Any Program Level Paperback

The Detox Diet Cookbook  
The Detox Diet Cookbook  
Detox Recipes: A How-To Detox Book on Using the Detox Diet for Maximum Detoxification Benefits  
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Intermittent Fasting for Power Women: Cookbook with 500 Delicious Recipes for Hormone Balance & Feel-Good Weight - Effective Weight Loss with 16:8 & 5:2 Methods!  
Intermittent Fasting Cookbook: 400 Low-Calorie Recipes that Boost Metabolism & Fat Burning (Intermittent Fasting: Healthy Weight Loss with the 16:8 or 5:2 Method - Effective, Sustainable and Fast)  
The Great Intermittent Fasting Cookbook: 400 Low-Calorie Recipes for Healthy Weight Loss Using the 16:8 or 5:2 Method, Including Nutritional Information - Effective, Sustainable, and Fast (Intermittent Fasting)  
Intermittent Fasting Cookbook: 500 Low-Calorie Recipes - Boost Your Metabolism and Burn Fat! (Intermittent Fasting Made Easy: Healthy Weight Loss with 16:8 or 5:2 - Effective and Sustainable!)  
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contrary to what many people believe healthy food can be colorful delicious and easy to prepare each recipe in this book has been specially created to provide a fabulous range of fat free low cholesterol and low fat dishes for both everyday meals and special occasions that won t leave you or your guests feeling deprived every dish is remarkably low in fat and cholesterol over half contain less than 5 grams of fat per serving and many have even less there is at a glance nutritional information for every recipe so you can see at once how little each contains the book is written in an easy to follow step by step format with colorful pictures of every stage of preparation and a fabulous photograph of the finished dish to help you achieve perfect results whether you are on a special diet or trying to improve your lifestyle this is an indispensable guide to healthy happy and completely satisfying eating

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can help with this a smoothie detox can give the body the time it needs to flush out the backlog of toxins by increasing your intake of a variety of fruits vegetables nuts and seeds and eliminating processed foods smoothies help to restore your natural balance a short detox is a wonderful way to boost your system and stimulate the whole metabolic process excess weight falls off your skin becomes clearer your hair shines and your eyes brighten making you super happy and healthy

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combining nutrient rich whole food cleansing with convenience this collection of low calorie recipes for the electric slow cooker enables a healthy way of detoxing that is without fasting skipping meals or relying on supplements rid your body of toxins lose weight and satisfy your taste buds with the help of healthy detox slow cooking this cookbook contains over 120 delicious and nutritious recipes to help you detox while still nourishing your body and giving you more time do things outside of the kitchen a common misconception about detoxing is that it requires taking to extremes such as fasting liquid dieting and buying expensive vitamins supplements and other so called miracle drugs however the key to a healthy detox can actually be found in lean protein fruits vegetables and whole grains rich in essential vitamins and antioxidants when prepared in a slow cooker the dishes will be so tasty that you ll forget they are free of extra dressings sauces and preservatives

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