

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)



Super 3 Day Detox Soup & Smoothie Plan is an easy to follow three-day detox plan that consists of 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. Heres some insight into whats included in this audiobook: 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 HerbsWhy Raw is Best The Foods We Used and WhyWhat the Colors of Foods MeanMost and Least Contaminated Fruits and VegetablesWhat Not to Consume While Detoxing Staying Hydrated While Detoxing Food SafetyThe 3-Day Detox Program Detox Recipes Bonus Recipe

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