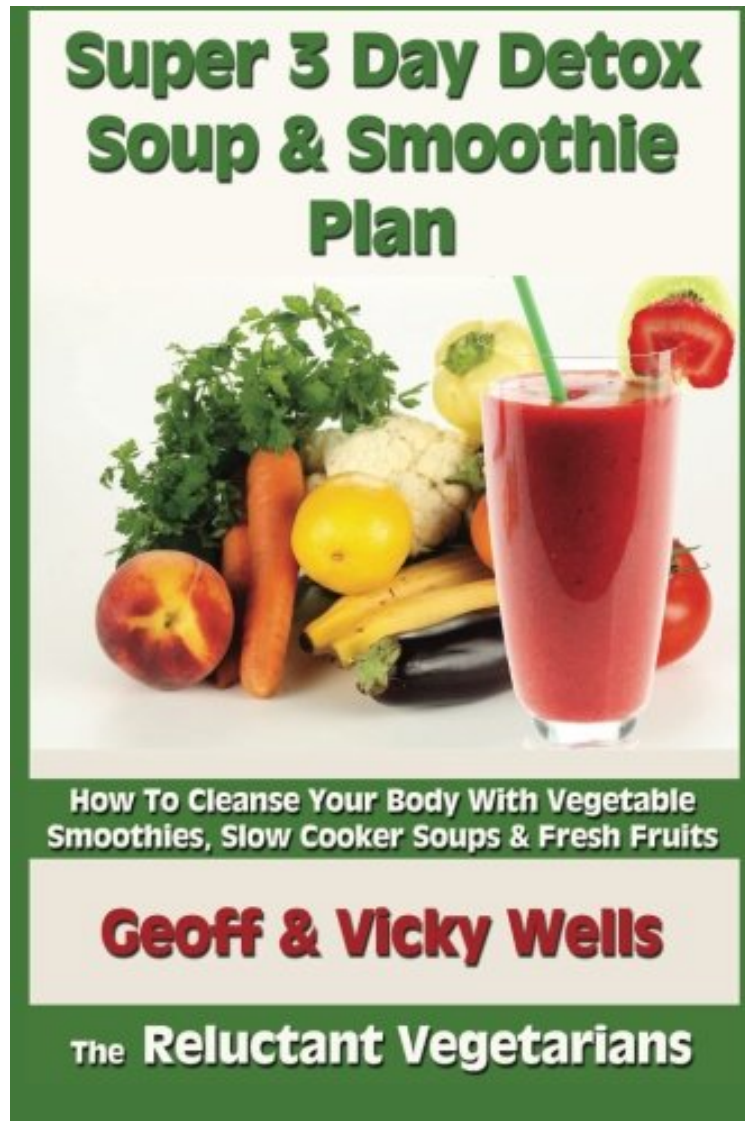


(Pdf free) Super 3 Day Detox Soup Smoothie Plan: How To Cleanse Your Body With Vegetable Smoothies, Slow Cooker Soups Fresh Fruits (The Reluctant Vegetarians) (Volume 2)

## **Super 3 Day Detox Soup Smoothie Plan: 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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#3344036 in Books Wells Geoff 2013-12-23Original language:EnglishPDF # 1 9.00 x .14 x 6.00l, .21 #File Name: 149473297160 pagesSuper 3 Day Detox Soup Smoothie Plan How to Cleanse Your Body with Vegetable Smoothies Slow Cooker Soups Fresh Fruits | File size: 20.Mb

Geoff Wells, Vicky Wells : 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) before

purchasing it in order to gauge whether or not it would be worth my time, and all praised 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):

0 of 0 people found the following review helpful. Glad I read it By Joworth the time to read. has some good recipes and great advice thank you . looking forward to reading your next book. 0 of 0 people found the following review helpful. yet powerfully informative book - a jump start map for anyone interested in testing the waters of feeling better. It is an excellent text to use with weight and body confidence programs. I appreciated the humor, solid references, and honesty. By including soup recipes the program was easy and did not tap those old deprivation tapes. .

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 banana basil blueberries bok choy broccoli carrots celery coconut water cucumber garlic grapefruit green tea grapes kale parsley rosemary spinach strawberry tomato turmeric

About the Author Husband and wife team, Geoff and Vicky Wells, are totally committed to a vegetarian lifestyle. They continue to add to their Reluctant Vegetarians series of books so they can help others who also wish to embrace the vegetarian lifestyle. In addition to their original best selling book, "Guide to Juicing, Raw Foods and Superfoods", they continue to share their knowledge and personal experiences with two new books: Super 3 Day Detox Soup Smoothie Plan - How To Cleanse Your Body With Vegetable Smoothies, Slow Cooker Soups and Fresh Fruits and Our Favorite Detox Weight Loss Slow Cooker Recipes - Look Great, Get Healthy, Lose Weight. Geoff and Vicky are happy to share what they have learned and to highlight how an organic, vegetarian lifestyle offers many benefits - for themselves, for others and for a more sustainable Earth.