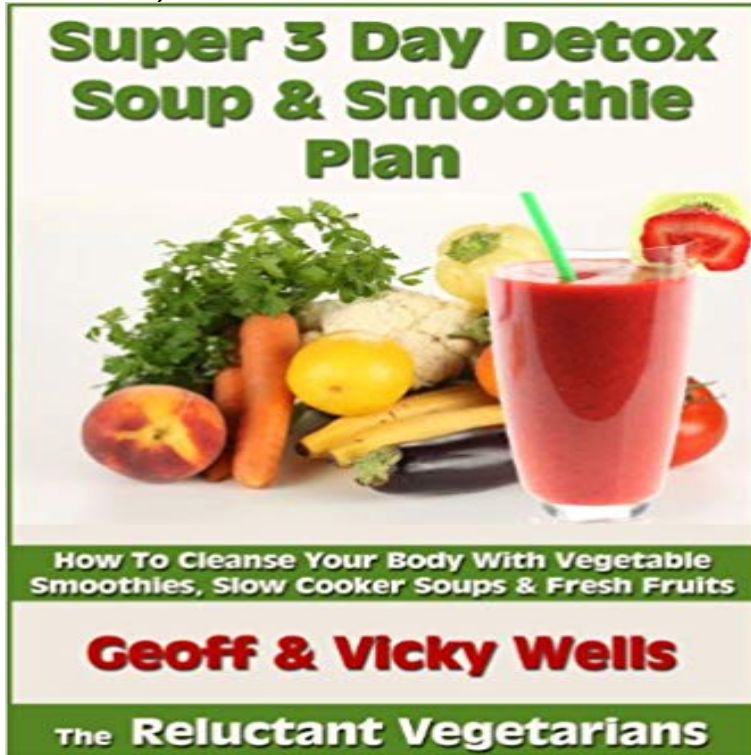


## Super 3 Day Detox Soup & Smoothie Plan (The Reluctant Vegetarians Book 2)



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 straw berries tomato turmeric

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That is until recently when they **Contact Us Reluctant Vegetarians Geoff & Vicky Wells** 16 Results Super 3 Day Detox Soup & Smoothie Plan (The Reluctant Vegetarians Book 2) Super Plano de 3 Dias Detox com Sopas & Smoothie (Portuguese **Super Detox Soup Smoothie Plan - My E-Book Sites Free PDF** <http://bd1876/super-3-day-detox-soup-smoothie-plan-how-to-> [-slow-cooker-soups-fresh-fruits-the-reluctant-vegetarians-volume-2.pdf](#) . [/eat-slay-love-living-with-the-dead-book-3.pdf](#) 2017-05-09T16:23:41+00:00 daily 0.8 **Books by Geoff Wells (Author of How To Make Devonshire Tea With** <http://0c18e8/super-3-day-detox-soup-smoothie-plan-how-to-cleanse-> [-slow-cooker-soups-fresh-fruits-the-reluctant-vegetarians-volume-2.pdf](#) [-liver-diets-internal-organs-diseases-book-1.pdf](#) 2017-05-09T19:36:00+00:00 **Books In The Reluctant Vegetarian Series Reluctant Vegetarians** ebook is one of digital edition of Super 3 Day Detox Soup Smoothie Plan. 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2017-05-09T16:17:42+00:00 : **Vicky Wells: Books, Biogs, Audiobooks, Discussions** Super 3 Day Detox Soup & Smoothie Plan (The Reluctant Vegetarians) If you are registering an audio version of one of our books please use the URL Two or three times a year we will let you know when you can download our books for **Register your purchase Reluctant Vegetarians Geoff & Vicky Wells** Super 3 Day Detox Soup & Smoothie Plan (The Reluctant Vegetarians Book 2). Dec 25, 2013. by Vicky Wells and Geoff Wells **Super 3 Day Detox Soup Smoothie Plan How To Cleanse Your Body** Dec 3, 2015 - 20 sechttp:///?book=B00HIU5G3Q Super 3 Day Detox Soup  
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