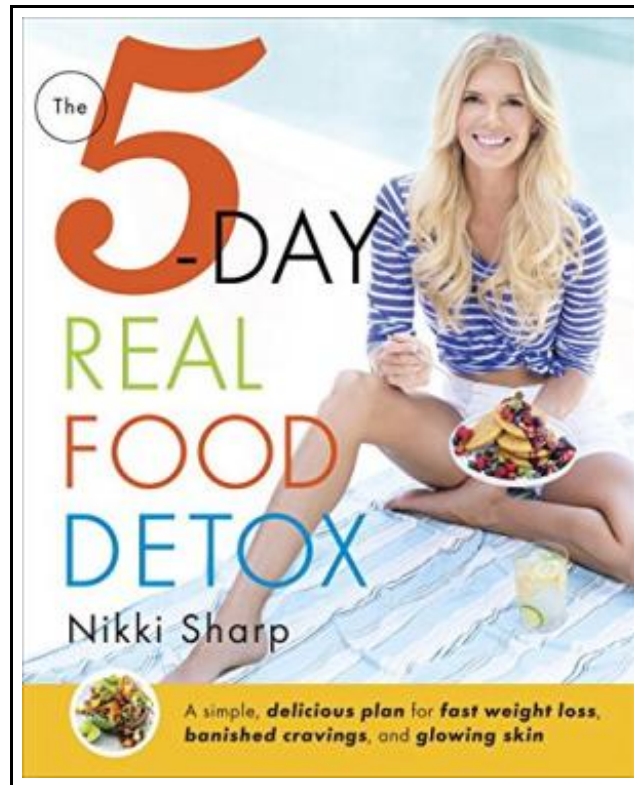


The 5-Day Real Food Detox: A Simple, Delicious Plan for Fast Weight Loss, Banished Cravings, and Glowing Skin



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Ballantine Books, United States, 2016. Paperback. Book Condition: New. 229 x 185 mm. Language: English . Brand New Book. Discover the safe, effective, delicious cleanse that took Instagram by storm! This 5-day detox program allows you to eat whole, nutrient-rich foods and feel satisfied and energized while dropping pounds! As a professional model, Nikki Sharp traveled constantly, barely slept, skipped meals, and relied on quick fixes to stay skinny, all of which took a toll on her physical and emotional health. Realizing she needed to make a serious change, she began to study integrative nutrition and learned that the key to weight loss, radiant skin, and overall well-being is not starving yourself but eating. That s right: eating! Sharp created her detox plan based on the knowledge that in the right combinations, real whole foods grains, vegetables, fruits, and spices can aid digestion, burn body fat, flush out toxins, reduce bloating, banish fatigue, and clear up acne. Unlike other cleanses, The 5-Day Real Food Detox allows you to eat five times a day and shed a pound a day with meals and snacks developed by Sharp (and backed by a nutritionist and a registered dietician). Even better, the recipes, including Love Pancakes, Spinach Chickpea Hummus, Black Bean Burgers, Cauliflower Mash, and Taco Bowls, have been taste-tested by Sharp s many of 300,000-plus Instagram followers, who have done the plan and seen amazing results. In The 5-Day Real Food Detox, you ll discover nutrient-dense foods that encourage detoxification and weight loss the facts on juice, smoothie, tea, and raw food cleanses yummy foods to substitute when you crave unhealthy ones ingredients to avoid and how to decode food labels the secret to great-tasting meals use spices instead of salt strategies for lowering stress and combating insomnia troubleshooting for food allergies, mood...

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