

[PDF] Gentle Green Detox: A Delicious Body Reboot For Health, Energy, And Weight Loss

Judita Wignall - pdf download free book

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Description:

Gentle Green Detox will show you how to detoxify your body with simple, nourishing foods. Get your detox started with information on how to set up your kitchen, raw food techniques, and lifestyle advice. Then, use the 100 recipes included to improve your health, energy, immune system, memory, and digestion.

You'll love the shopping lists, meal plans, and menus that are included to help you easily plan meals and combine recipes for maximum effect. Whether you want to go on a day-long, multiple-day, or week-long cleanse, or simply add detoxifying meals to your regular diet, *Gentle Green Detox* will

help you reset your eating habits and live a healthier life!

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