



Simple 10-Day Detox Diet Cookbook: Burn the Fat, Lose weight Fast and Boost your Metabolism For Busy Mom

Laura Hill

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Simple 10-Day Detox Diet Cookbook: Burn the Fat, Lose weight Fast and Boost your Metabolism For Busy Mom (10 day detox diet, 10 day detox, 10 day detox solution)

We Recommend this for 10 Days Detox Dieters

The 10 Days Detox Diet by Dr Hyman's addresses the real problems in our eating habits that make it so difficult to lose weight and feel healthy

If you completely change the foods you Eat for 10 days, what you'll notice is that not only will your cravings subside, not only will your energy improve, and not only will you lose weight — which is actually a side effect of getting healthy — but a whole list of health problems (such as mysterious rashes, brain fog, and unexplained fatigue) may improve or disappear entirely.

The power of this plan is that, in a very short time, you can use a scientifically designed program to regain your health and discover how great you can feel when you take away all the junk and eat real food. Most people have never ever done that, and most people don't realize they're simply a few days away from feeling well.

This is What You'll Discover in 10 day detox diet Cookbook:

- What Detoxification is all about
- 5 ways to boosting Your Metabolism
- List of food for the 10 day detox
- Yummy breakfast protein shakes and Smoothies Recipes
- Tasty Lunch Recipes
- Delicious Dinner Recipes
- Tasty Snacks Recipes
- And So Much More...

Some Delicious 10 day detox Recipes You Can Start Making Now:

- Sea Scallops with Portobello
- Broccoli Tomato Salad
- Garlic Vinaigrette
- Banana Rolls with Peanut Butter
- Delicious Granola
- Broiled Portobello Mushrooms
- World Best Egg Salad
- Mushroom Omelet
- Scrambled Egg and Vegetable Wrap-ups

This Healthy and delicious 10 day detox recipes all list nutritional information & have all the nutritional features of

Low carb What are You Waiting For...?Restart your life with this cookbook and experience an amazing transformation of your body and your health. I am really excited for you! Scroll up Now and Get Your 10-Days Detox Diet Cookbook, and make sure you stick to the diet to achieve result!

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