



# **Weight Loss and Detox Program Box Set: Delicious Smoothies, Tea Cleanse, Weight Watchers, Ketogenic and Vegan Recipes for Weight Loss (Weight Loss & Detox)**

*Johanna Thomson, Vicki Day, Cortney Preston, Beth Foster, Julia White, Sarah Benson*

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## **Weight Loss and Detox Program Box Set (6 in 1)**

### **Book One: Weight Loss Smoothies: Delicious Recipes for Your Detox, Cleanse and Weight Loss Program**

You've probably been told all your life how good green vegetables are for you. They are loaded with nutrients, vitamins, and so many good things. But let's face it, most of us don't really find eating our vegetables appealing. The Green Smoothie Diet is an excellent way to help your body get to a healthier you without all of the hassle that comes from eating fresh vegetables.

**Through the pages of this book you'll learn that Green Smoothies are:**

- good for your dietary health (smoothies are easier to digest than solid foods).
- great energy boosters.
- an excellent way to detox and cleanse your system.
- fast and easy to prepare.
- loaded with nutritional value.

In addition to understanding why Green Smoothie are a good choice for you, you also learn:

- How to properly prepare a Green Smoothie
- How to store a smoothie so that it will last for hours without breaking down.
- How to do a Smoothie Detox and Cleanse
- What you can expect for one of our Green Smoothie Recipes

### **Book Two: The Weight Watchers Cookbook: 50 Simplified Recipes**

## **to Help Lose and Maintain Your Weight**

### **Inside You Will Learn:**

- What the Weight Watchers Diet program is all about
- The ways to interpret or follow the point and point plus value system and its importance in weight loss and maintenance
- Different breakfast dishes that will take 20 minutes or less to prepare
- Healthy lunch ideas for weight watchers
- How to prepare dinner, Weight Watchers style
- How to prepare healthy snacks and desserts
- Best practices that would help you cook more healthier
- And so much more

## **Book Three: Let's Do Vegan: Adopting Vegan Lifestyle with 50 Amazing Quick and Easy Recipes and One Week Diet Plan**

Are you interested in adopting a healthier lifestyle? Are you ready to make a huge lifestyle change?

### **Inside You Will Learn:**

- What it Means to be Vegan
- Why you Should Make the Change
- What Challenges you Might Face
- What Food Groups Your New Diet Should Include
- Fresh and Easy Recipes to get you Started
- And Much More

## **Book Four: Introduction to Ketogenic Diet: Amazing Tips and Recipes with a Sample Meal Plan to Lose Weight and Turn Your Body into a Fat Burning Furnace**

### **Inside You Will Learn:**

- What the Ketogenic Diet is All About
- The Benefits of Eating the Right Foods
- What You Should Watch Out For When Trying the Ketogenic Diet
- How to Avoid Making Mistakes
- Some of the Most Delicious Recipes Available
- A Week Worth of Ketogenic Diet Recipes plus!
- Tips to Making the Diet Work Best for You
- And Much More

### **Book Five: Low-Carb Cooking for Two: 50 Easy and Healthy Recipes for Busy People**

Following a low-carb diet can be a challenge, especially if you are just cooking for two rather than a whole family. But this doesn't have to be as difficult as you may think in the beginning. But with the help of the recipes in this guidebook, you will get all of the great tastes that you are looking for. With 50 low-carb recipes that match breakfast, lunch, dinner, and even dessert, you are set to go for the whole day.

### **Some of the things you will find in this guidebook include:**

- What the low-carb diet is
- Low-carb breakfasts on the go
- Lunches
- Dinner for the couple
- Desserts to die for

### **Book Six: Tea Cleanse and Detox: How Tea Can Accelerate Weight Loss, Get Rid of Toxins and Help You Reset Your Metabolism**

### **Inside You Will Learn:**

- How a tea cleanse program works
- How to prepare so that your cleanse is as effective as possible
- The many benefits of green tea
- How to make tea properly

- How to choose between a one and two step cleanse
- Food principals to support your cleanse
- Superfoods to make you feel super

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**Johanna Thomson, Vicki Day, Cortney Preston, Beth Foster, Julia White, Sarah Benson**

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**From reader reviews:**

**Ruth Barnett:**

Do you among people who can't read satisfying if the sentence chained within the straightway, hold on guys this particular aren't like that. This Weight Loss and Detox Program Box Set: Delicious Smoothies, Tea Cleanse, Weight Watchers, Ketogenic and Vegan Recipes for Weight Loss (Weight Loss & Detox) book is readable simply by you who hate those perfect word style. You will find the info here are arrange for enjoyable examining experience without leaving possibly decrease the knowledge that want to provide to you. The writer associated with Weight Loss and Detox Program Box Set: Delicious Smoothies, Tea Cleanse, Weight Watchers, Ketogenic and Vegan Recipes for Weight Loss (Weight Loss & Detox) content conveys the idea easily to understand by most people. The printed and e-book are not different in the written content but it just different in the form of it. So , do you still thinking Weight Loss and Detox Program Box Set: Delicious Smoothies, Tea Cleanse, Weight Watchers, Ketogenic and Vegan Recipes for Weight Loss (Weight Loss & Detox) is not loveable to be your top collection reading book?

**Shirley Dildy:**

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**Jere Araujo:**

Are you kind of stressful person, only have 10 or even 15 minute in your day to upgrading your mind ability or thinking skill even analytical thinking? Then you are experiencing problem with the book in comparison with can satisfy your short space of time to read it because pretty much everything time you only find guide that need more time to be read. Weight Loss and Detox Program Box Set: Delicious Smoothies, Tea Cleanse, Weight Watchers, Ketogenic and Vegan Recipes for Weight Loss (Weight Loss & Detox) can be your answer because it can be read by you actually who have those short time problems.

**Harry Keller:**

Reading a book to be new life style in this 12 months; every people loves to examine a book. When you learn a book you can get a lot of benefit. When you read books, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your research, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, such us novel, comics, as well as soon. The Weight Loss and Detox Program Box Set: Delicious Smoothies, Tea Cleanse, Weight Watchers, Ketogenic and Vegan Recipes for Weight Loss (Weight Loss & Detox) offer you a new experience in examining a book.

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