



# **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, Courtney Preston, Beth Foster, Julia White, Sarah Benson**

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**From reader reviews:**

**Travis Ralls:**

Have you spare time to get a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a go walking, shopping, or went to typically the Mall. How about open or perhaps read a book titled Weight Loss and Detox Program Box Set: Delicious Smoothies, Tea Cleanse, Weight Watchers, Ketogenic and Vegan Recipes for Weight Loss (Weight Loss & Detox)? Maybe it is to be best activity for you. You recognize beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with their opinion or you have various other opinion?

**Lynnette Cash:**

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**Larry Turner:**

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**Kari Annis:**

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Ketogenic and Vegan Recipes for Weight Loss (Weight Loss & Detox) offer you a new experience in reading a book.

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