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**THE FAST DIET: 2 Diet Systems In 1 Book
(Lose Up To 8 Pounds In 14 Days With This 2
Week Detox Menu Program PLUS Lose up to
10 Pounds in 7 days Using Detox Smoothies)
(English Edition)**

THE FAST DIET

2 DIET SYSTEMS IN 1 BOOK

7 DAY AND
14 DAY DIET
METHODS!

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THE DETOX MENU PROGRAM **PLUS**
THE DETOX SMOOTHIE DIET SYSTEM

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30Sorti le: 2014-06-30Format: Ebook Kindle

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Description :

Prsentation de l'diteur Bestseller!!Special Introductory Price of only 0.992 books in 1. Both detox books reached the top 100 bestseller list so we decided to put both diet plans together in one book.BOOK ONE.Lose Up To 8 Pounds In Just 14 Days With This 2 Week Detox Menu Program.* You want to jump start your body for burning fat quickly, so I'm not going to bore you with a lot of useless information. If you need quick results then this is the eBook to get you there. The Detox Clock has a powerful method that uses a combination of fat detox and metabolism boosters to jump start your body for rapid weight loss so you can drop up to 8 pounds in just 2 weeks. Flush your body of fattening toxins, increase your metabolism, and transform your body the natural way. Lose those diet pills, stop killing yourself with vigorous exercise and use The Detox Clock system to count down the pounds, increase your energy, boost your metabolism and quickly achieve a healthy and happy state of mind towards a slimmer new you.* Introduction* Detox Essentials* Week One: Detox Food Menu* Week Two: Detox Food Menu* Lemon Drink Recipe* Green Vegetable Drink Recipe* Dandelion Tea* Detox With Fruit JuiceBOOK TWOLose up to 10 Pounds in 7 Days with this Powerful Detox Smoothie DietHeal your entire body by flushing away unwanted toxins and shredding fat quickly using these powerful detox recipes. This is a proven combination of nutrient rich fruit

and vegetables that melts away stubborn fat while at the same time giving your body amazing levels of natural energy. This book doesn't just help you to lose weight fast by losing up to 10 pounds in just one week, but also contains the smoothies you need to incorporate in to breaking down a 7 day detox diet which is just as important as what you consume during the detox itself. This 7 Day Detox System also adds in many fun and delicious detox smoothie binge deserts throughout the book that actually helps with shredding fat. As an added bonus, smoothies for pain relief such as Migraines, and smoothies that help heal your body from ailments such as the Flu are incorporated. Drink fitness, pre-training and workout smoothies and try our secret add-in protein recipes for an extra boost in metabolism. Don't miss out on the delicious fruit sensation smoothies for those of us with a sweet tooth; and "ALL" that help rid your body of waste toxins. Cleanse your entire body with lasting results the natural healthy way while losing those stubborn pounds. FEEL HEALTHY, SLIM DOWN AND LOOK GREAT. Introduction: Zingy Blast Immune Booster Smoothie The Hulk Bitter Sweet Detoxifier Tropical Immune Booster The Alkalizer Orange Banana Dream Mean Green Machine Creamy Melon Zinger Banana Berry Sunrise Spicy Fat Blaster Red Hot Fruit Smoothie Not So Mellow Yellow Smoothie Creamy Avocado Blast Choc ado Smoothie Pink Perfection The Chocolate Popeye Powerhouse Smoothie Winter Apple Almond Parsley Lemon Splash Velvet Gunpowder smoothie Breaking the 7 Day Detox Diet: Endurance Training and Fitness Smoothies: Blueberry-Honey Pre-workout Smoothie Banana Almond Recovery Smoothie Minty Chia Nutrient Dense Smoothie Pain Relief and Healing Smoothies Anti-Inflammatory Ginger Berry Green Smoothie Flu Fighter Amazing Migraine Melting Smoothie Desert Smoothies: Dreamy Key Lime Pie Scrumptious Carrot Cake Black Forest Cake Blueberry Pie Smoothie Apple Pie Peach Cobbler Banana Split Pumpkin Pie Simple Fruit Smoothies: Simply Bananas Strawberry Banana Raspberry Orange Sunrise Peachy Mango Banana Smoothie Special Add-ins: Download your copy today! 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Flush your body of fattening toxins, increase your metabolism, and transform your body the natural way. Lose those diet pills, stop killing yourself with vigorous exercise and use The Detox Clock system to count down the pounds, increase your energy, boost your metabolism and quickly achieve a healthy and happy state of mind towards a slimmer new you.* Introduction* Detox Essentials* Week One: Detox Food Menu* Week Two: Detox Food Menu* Lemon Drink Recipe* Green Vegetable Drink Recipe* Dandelion Tea* Detox With Fruit Juice BOOK TWO Lose up to 10 Pounds in 7 Days with this Powerful Detox Smoothie Diet Heal your entire body by flushing away unwanted toxins and shredding fat quickly using these powerful detox recipes. This is a proven combination of nutrient rich fruit and vegetables that melts away stubborn fat while at the same time giving your body amazing levels of natural energy. 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BerryGreen Smoothie Flu FighterAmazing Migraine Melting SmoothieDesert Smoothies:Dreamy Key Lime
PieScrumptious Carrot CakeBlack Forest CakeBlueberry Pie SmoothieApple PiePeach CobblerBanana
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