



The 7 Day Detox Cleanse Diet: Healthy Eating with Fast Weight Loss Diet Plan For Busy People (Lose Up to 10 Pounds!)

Jennifer Lins

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The 7 Day Detox Cleanse Diet Program This book contains both short-term and long-term step by step of detoxification in the right and proper methods. Even you are busy, you can still be healthy and lose weight easily by just following the 7 Days Detox Cleanse Program in this book. This 7 days Detox Cleanse Diet book will provide meal plan for 7 days. You will know step by step what to eat for breakfast, lunch, dinner, and snack. This plan is easy to follow, easy to prepare, and easy for busy people like you! Here Is A Preview Of What You'll Learn... * Where do Toxins Come From? * What is Detox Cleanse? * Why Do I Need Detox Cleanse? * Short-Term Detox Cleanse Program * Long-Term Detox Cleanse Program * Why 7 Days Detox Cleanse Program? * The 7 Days Detox Cleanse Program (Day 1 – Day 7) * The Promise to Lose Weight Up to 10 Pounds * Motivation Tips – Never Get Fat Again

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