

21-DAY DETOX

CHALLENGE



Janell Yule, BS, CPT, FDN-P

PROGRAM MANUAL

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Way Of Life 21 Day Detox Challenge Manual 2 Final Version

David P. Rakel, Vincent Minichiello



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The 21-Day Sugar Detox Daily Guide Diane Sanfilippo, 2018-01-02 The 21 Day Sugar Detox Daily Guide takes you day by day through Diane Sanfilippo's popular 21 Day Sugar Detox 21DSD program. This engaging and colorful book was created to give you new insights on how to succeed based on feedback that Diane has received over seven years of running the program. You'll learn what to expect each day of the Detox from how your body might be responding to how you might be feeling mentally. Inside you'll find Meal prep tips and tricks to make cooking easier. Motivational moments to keep you going. Journal space to track your experience and progress. More than 50 mouthwatering recipes that won't leave you feeling deprived. Recommended products and brands to make your 21DSD easier and so much more. Beginning one week before your 21 Day Sugar Detox and wrapping up one week after you'll be guided completely through the process of stripping sugar, sweet foods and bad carbs out of your life. You'll learn how best to prepare yourself for the program and ease into the change as well as how to ease out and incorporate what you've learned while on the program into your everyday life thereafter. Since 2010 the 21 Day Sugar Detox has helped hundreds of thousands of people bust sugar and carb cravings through the original book, cookbook, online program, website, Certified 21DSD Coaches and various social media platforms. Now you can dive into the Detox with confidence knowing that you'll be guided every step of the way. Subject Guide to Books in Print, 1997

Clean Slate Editors of Martha Stewart Living, 2014-12-16 More than just a cookbook, New York Times bestselling Clean Slate is the complete go-to guide for boosting your energy and feeling your best. It's time to hit the reset button. This book emphasizes eating clean, whole, unprocessed foods as part of a primarily plant-based diet with delicious and healthy recipes that make it easy to do just that. Refreshing juices and smoothies, savory snacks, protein-packed main dishes and even delectable desserts will keep you satisfied all day long. Among them are plenty of vegan, vegetarian, gluten-free and allergen-free options, each identified by helpful icons. Clean Slate also provides you with the nutritionally sound information you need to shop for and prepare food that nourishes body and mind. You'll find guidelines for restocking your pantry with whole grains, beans and legumes, lean proteins and healthy fats, glossaries of the best sources of detoxifiers, antioxidants and other health-boosting nutrients and menus for a simple 3-day cleanse and a 21-day whole-body detox with easy-to-follow tips and strategies for staying on track. Get inspired by more than 160 beautifully photographed recipes organized into action-focused chapters including Replenish, Get off to a good start, Whole Wheat Waffles with Strawberries and Yogurt, Poached Eggs with Roasted Tomatoes, Reboot Drink to your health, Grapefruit, Carrot and Ginger Juice, Green Machine Smoothie, Recharge Load up on vegetables, Roasted Mushroom Tartines with Avocado, Steamed Vegetable Salad with Macadamia Dressing, Reenergize Choose your snacks wisely, Warm Spinach, White Bean Dip, Trail Mix with Toasted Coconut, Restore Make meals with substance, Wild Salmon, Asparagus and Shiitakes in Parchment, Grilled Chicken with Cucumber, Radish and Cherry Tomato Relish, Relax Have a little something sweet, Dark Chocolate Bark with Hazelnuts, Berry Almond Crisp. The British National

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