



Ani's Raw Food Detox [previously published as Ani's 15-Day Fat Blast]: The Easy, Satisfying Plan to Get Lighter, Tighter, and Sexier . . . in 15 Days or Less

By Ani Phyo

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Want to look younger and feel better?

Want to increase your energy levels, build lean muscle, and enhance immunity?

Want to do all this while eating delicious, easy meals that will leave you feeling satisfied and full of energy?

Welcome to *Ani's Raw Food Detox*. Award-winning chef, health coach, and consultant Ani Phyo offers an easy, delicious 15-day program based on nature's real "fast foods." The plan is simple: eat up and speed up the cleansing, detoxing, and fat-burning process by using all-natural whole food ingredients. Watch the pounds fly off as you gain boundless energy and clear, radiant skin while at the same time lowering your risk for chronic diseases. Designed to help you get optimal results and achieve your detoxing and immune-boosting goals, *Ani's Raw Food Detox* offers:

- Top detox and fat-fighting strategies and tools
- Lists of foods that accelerate cleansing, detox, and your metabolism
- More than 50 quick, easy, delicious recipes
- Menus and shopping lists for each phase of the plan
- Strategies for long-term health and maintenance

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From reader reviews:

Roberta Bourland:

Here thing why that Ani's Raw Food Detox [previously published as Ani's 15-Day Fat Blast]: The Easy, Satisfying Plan to Get Lighter, Tighter, and Sexier . . . in 15 Days or Less are different and trusted to be yours. First of all studying a book is good nonetheless it depends in the content of the usb ports which is the content is as delicious as food or not. Ani's Raw Food Detox [previously published as Ani's 15-Day Fat Blast]: The Easy, Satisfying Plan to Get Lighter, Tighter, and Sexier . . . in 15 Days or Less giving you information deeper since different ways, you can find any publication out there but there is no publication that similar with Ani's Raw Food Detox [previously published as Ani's 15-Day Fat Blast]: The Easy, Satisfying Plan to Get Lighter, Tighter, and Sexier . . . in 15 Days or Less. It gives you thrill reading journey, its open up your own eyes about the thing that will happened in the world which is possibly can be happened around you. It is easy to bring everywhere like in park your car, café, or even in your means home by train. For anyone who is having difficulties in bringing the imprinted book maybe the form of Ani's Raw Food Detox [previously published as Ani's 15-Day Fat Blast]: The Easy, Satisfying Plan to Get Lighter, Tighter, and Sexier . . . in 15 Days or Less in e-book can be your choice.

Grady Long:

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Kim Salgado:

People live in this new moment of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely sure. People is human not a robot. Then we inquire again, what kind of activity have you got when the spare time coming to an individual of course your answer will unlimited right. Then do you try this one, reading textbooks. It can be your alternative within spending your spare time, the book you have read is definitely Ani's Raw Food Detox [previously published as Ani's 15-Day Fat Blast]: The Easy,

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