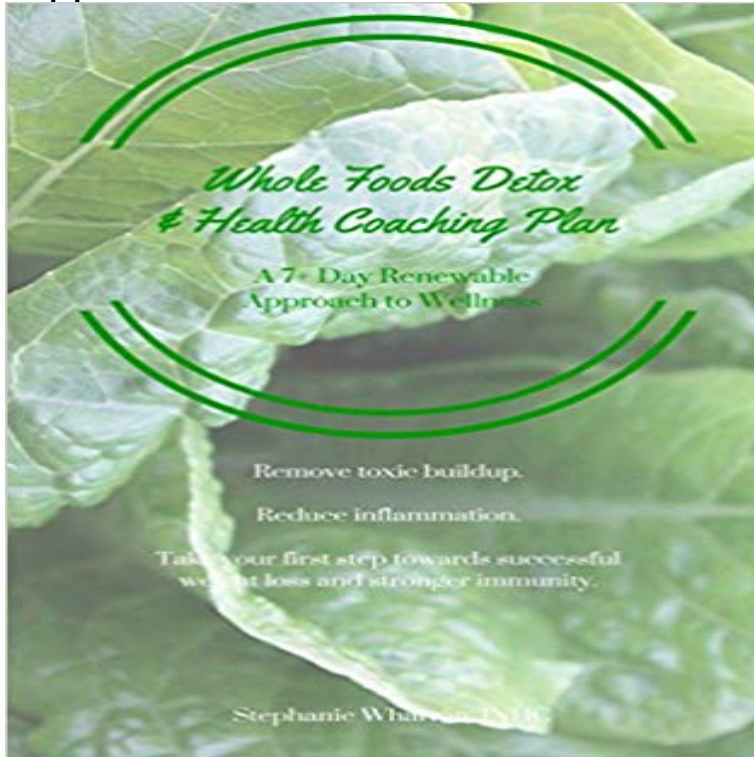


# Whole Foods Detox & Health Coaching Plan: A 7+ Day Renewable Approach to Wellness



If you're ready to lose weight, reduce inflammation and get rid of toxic build-up, this book has been designed with you in mind. This whole foods detox plan includes a practical timeline, daily menus, recipes and loads of nutritional tips along the way. Used as a 7 day detox, this plan provides the reader with a foundation for a healthier lifestyle, however, this plan can be used indefinitely for as long as the reader sees fit. Journal exercises and guided questions are used for daily reflection and personal development. Other resources include: -step by step caffeine detox -pre and post detox questionnaires -approved snack list -pantry list -prep schedule -complete shopping list -daily cleansing movements

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