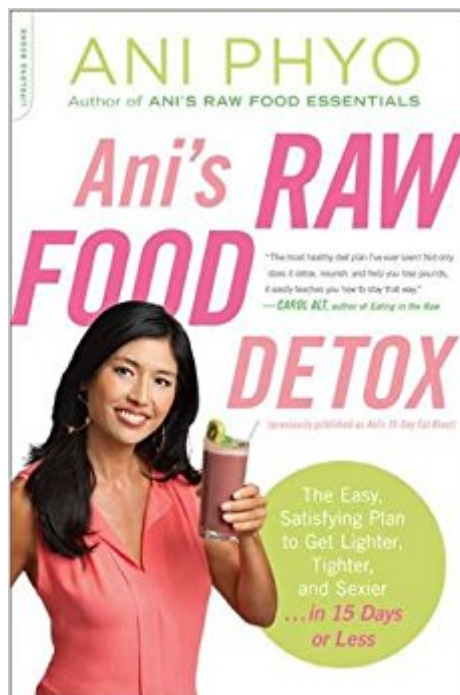




The book was found

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



Synopsis

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

Book Information

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Customer Reviews

VegNews.com, 2/23/12; We're already huge fans of Ani Phyo's raw-food cookbooks, so it's only natural that we're stoked for her newest uncooked cookbook. Fat Blast answers your questions and concerns about a raw diet, and, if you're looking to slim down, offers an easy, all-raw plan that will help you lose up to 15 pounds in 15 days. Losing weight while enjoying sushi and dessert? That sure beats the Master Cleanse. •Taste for Life, June 2012; If you've been putting off plans to trim down, Ani Phyo contends that her plan can

help you drop 15 pounds in 15 days. While claims like these generally sound impossible and gimmicky, Chef Ani calls on nature's fast foods; raw ingredients; [that] can boost immunity and reduce unwanted weight. •Tucson Citizen, 6/11/12; The program embraces what Ani calls nature's fast food, namely raw ingredients straight from the refrigerator or shelf that require very little prep time. From Trail Mix cookies that are loaded with nuts, raisins, and sunflower seeds, to a Spicy Bok Choy Soup, the dishes are exciting and innovative. •BlogCritics, 8/23/12; A well-researched book on nutrition and dieting containing very interesting food preparations which are high in nutrients and lower in calories than the standard junk foods. •

Ani Phyo is a renowned raw food chef and show host, health coach, nutritionist, and author of four cookbooks, including Ani's Raw Food Essentials and Ani's Raw Food Kitchen. She lives in Los Angeles. aniphyo.com; @aniphyo

I felt great after completing her 14 day detox food plan. Removing processed food and animal products from your diet really works wonders for your body. The recipes were easy to make, and the ingredients, although superfoods, were relatively inexpensive compared to meat/seafood I would normally buy.

I love this book by Ani, just like I love all of her others. I own those too! Recipes are simple and easy to make and delicious. She is the reason for raw food made easy, simple, and delicious to me! I will continue to buy and support her efforts.

Gave this to my mom & she loves it. I started reading it too. Going Raw & Vegan is very healthy and a great way to lose weight and become healthier, without starving yourself or setting unreal/unsustainable goals. And this book is an amazing start/guide. Plus Ani is one of the most amazing people you'll ever meet

Great for kick starting weight loss.

Recipes are so good. We have been making the soups for 2 weeks and I have lost 5 lbs. Now just to keep them off! I do feel so much better. I honestly have not felt better in my life. (The tons of hot yoga helps).

On 4th day of 15 day detox. Most of the recipes are palatable. The book is very informative with health info, shopping lists and a detailed menu guide. Takes no time at all to plan for the next day.

Love all of Ani's publications! Can't wait to try these new recipes

I *love* this book. This is the second Ani Phyto book I've bought, and there is a lot she says that I can agree with. Her recipes taste great and offer options. There are a couple recipes with ingredients that are harder to find - but that's expected with any raw food book.

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cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies Raw-Vitalize: The Easy, 21-Day Raw Food Recharge Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Kristen Suzanne's EASY Raw Vegan Salads & Dressings: Fun & Easy Raw Food Recipes for Making the World's Most Delicious & Healthy Salads for Yourself, Your Family & Entertaining Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps Raw Vegan Bodybuilding: How To Gain Muscle And Get Shredded On The Raw Food Diet The Life Plan Diet: How Losing Belly Fat is the Key to Gaining a Stronger, Sexier, Healthier Body

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