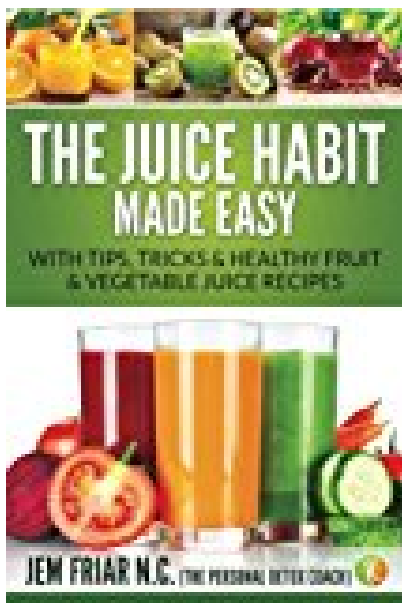


The Juice Habit Made Easy with tips tricks & healthy fruit & vegetable recipes The Personal Detox Coachs Simple Guide To Healthy Living Series Volume 1



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BOOK SYNOPSIS

Fast Foods Like Pizzas, Burgers, French Fries, Bhelpuri And Heavy Rich Curries Are All Foods That Can Lure Us Away From The Strictest Diet. Wouldn't It Be Wonderful If We Could Indulge In All Such Favourite Foods And Yet Lose Weight And Remain Trim. Fast Foods Made Healthy Is A Step Towards This Direction. All The Recipes In This Book Are Fast Foods Which Most Of Us Indulge In On A Regular Basis And Worked At Making Them Low Calorie Yet Keeping Them As Delicious As The Original Recipe. Get Ready To Pack Off All Those Unnecessary Excess Calories!!

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