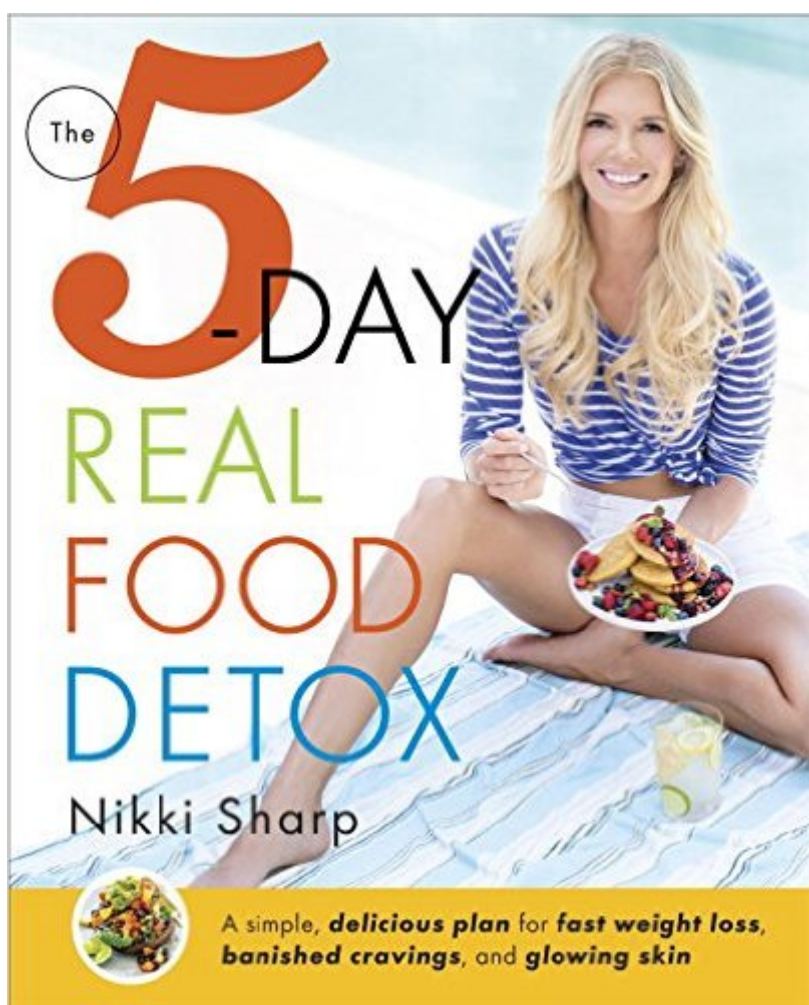


The book was found

The 5-Day Real Food Detox: A Simple, Delicious Plan For Fast Weight Loss, Banished Cravings, And Glowing Skin



Synopsis

Discover the safe, effective, delicious cleanse that took Instagram by storm! This 5-day detox program allows you to eat whole, nutrient-rich foods and feel satisfied and energized while dropping pounds! As a professional model, Nikki Sharp traveled constantly, barely slept, skipped meals, and relied on quick fixes to stay skinny, all of which took a toll on her physical and emotional health. Realizing she needed to make a serious change, she began to study integrative nutrition and learned that the key to weight loss, radiant skin, and overall well-being is not starving yourself but eating. That's right: eating! Sharp created her detox plan based on the knowledge that in the right combinations, real whole foods—grains, vegetables, fruits, and spices—can aid digestion, burn body fat, flush out toxins, reduce bloating, banish fatigue, and clear up acne. Unlike other cleanses, The 5-Day Real Food Detox allows you to eat five times a day and shed a pound a day with meals and snacks developed by Sharp (and backed by a nutritionist and a registered dietician). Even better, the recipes, including Love Pancakes, Spinach & Chickpea Hummus, Black Bean Burgers, Cauliflower Mash, and Taco Bowl, have been taste-tested by Sharp's many of 300,000-plus Instagram followers, who have done the plan and seen amazing results. In The 5-Day Real Food Detox, you'll discover nutrient-dense foods that encourage detoxification and weight loss—the facts on juice, smoothie, tea, and raw food cleanses—yummy foods to substitute when you crave unhealthy ones—ingredients to avoid and how to decode food labels—the secret to great-tasting meals—use spices instead of salt—strategies for lowering stress and combating insomnia—troubleshooting for food allergies, mood swings, bloating, and other detox issues. Complete with gorgeous full-color photos, success stories, shopping lists, and meal plans, The 5-Day Real Food Detox lays the groundwork for eating well and feeling wonderful for the rest of your life! Advance praise for The 5-Day Real Food Detox: "Nikki is an amazing inspiration. Whether you are vegan, vegetarian, paleo, or just trying to get healthy, this book is a must-read!"—Kristina Carrillo-Bucaram, founder of the FullyRaw brand and author of The Fully Raw Diet "Nikki Sharp's plant-based detox is a holistic approach to long-term wellness. Not only will it help get you lean in a short amount of time, it will keep you there, and feeling energized the whole way through."—Brendan Brazier, author of the Thrive book series "The real power of this book is that it just may transform how you think about your food, your body, and the way your choices shape every aspect of your life."—Adam Rosante, author of *The 30-Second Body* "I love that Nikki Sharp's program is full of real, satisfying foods that won't leave you starving—so you can build healthy habits that will last long after the five days are over!"—Megan Gilmore, author of *Everyday Detox* "Nikki Sharp's style is fun, approachable, and innovative,

and embodies the new way we should be eating. The wellness world is fortunate to now include her brilliant new book. •â "Matthew Kenney, author of *Cooked Raw: How One Celebrity Chef Risked Everything to Change the Way We Eat* • œA must have for everyone who wants to look gorgeous and healthy like Nikki!â •â "Ani Phyo, author of *Aniâ™s 15-Day Fat Blast* and *Aniâ™s Raw Food Essentials*

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Customer Reviews

I heard Nikki on a local radio show and decided to buy this book as I knew that I really needed to change my diet. In my 60s, I had been experiencing bloating , terrible weight gain, and being very tired. Well, this book has totally changed my life. She explains everything so well and her diet is so simple to follow. I hesitate to call it a diet and , for me, it has been a total life style change. Lots of good recipes that are easy to make too. Someone called it a starvation diet. No way!! I am never hungry and ,believe me, I was always hungry before. Getting off the sugar has gotten rid of my bloating , my skin looks great and I am sleeping better than ever before. I've also lost weight especially from my stomach area which has been almost impossible.

I firmly believe that changing your lifestyle and your relationship with food is about EDUCATION and this book has it all. Nikki has researched information on why she chose the food in her recipes and the benefits that go along with them. Not only does this book give you an amazing detox where you get to eat REAL food (including sushi!) and feel full at the end of the day, but she also gives you a plan to go by after the detox so you don't fall right back into unhealthy eating habits. I have done the

5 day detox many times (through her app and ebooks) and have seen amazing results. The recipes will come out exactly as stated in the book and it is so exciting to get great looking food that is great for you as well. The ingredients are simple and clear, not full of "health food store only" items. I recommend this book to anyone who wants to lose weight, give their digestive system a break, get rid of acne once and for all, and get healthy.

This book is amazing, very informative .. A no nonsense approach to eating real food whilst cleansing and rebooting the entire body .. I love the recipes and the concept for the cleanse .. Would highly recommend

I love this book! The first time I tried the detox I was happily impressed as I felt good and then, I repeat the detox often and whenever I feel the need to recharge myself and lose bloating (and weight also). The book is full of details about which food make us feel good and which food make us feel bloated and lacking energy. Full of amazing pictures and tasty recipes also very easy to do. After a lot of depriving diets, with this book I really understood how to learn to love my body and what are the foods that makes me feel good and full of energy. Fabulous, genuine and recommended!

This book is a must for everyone who wants to start or sustain a health living, cook delicious meals or just gain valuable knowledge about nutrition and much more. I really enjoy the clarity of how the topics are presented and the high-quality, bright pictures. The dishes looks so appealing! The author also presents her personal journey, which is very inspirational to me. I find it valuable that the book is not just an extended version of the 5-day-detox, it actually includes almost everything I had to know about healthy living - not only eating or exercises....much more. I did the 5-day-detox and it was a success, but I really believe that this book is for everyone, i doesn't matter if you decide to complete the detox or not. It's just worth it :)

I by no means am a diet guy, detox guy, and as you read this, a review guy. That being said, I loved what the 5 day detox did for me. This is not just for ladies, and certainly not just models. I am a 230 lb guy that has been a bartender for a decade. I tried Nikki's detox because 5 days seemed like something that I could actually commit to, and possibly learn some healthy habits in the process. I certainly did, and certainly saw results. I found that after just 5 days, I felt and looked much better. Lost the usual bloating from eating poorly, and a few too many drinks. I had more energy, and was

more productive at work. Give this one a go. You will be thrilled that you did.

I absolutely love this book! I have Nikki's 5 Day Detox app and the recipes are fantastic, there are a few I use all the time even if I'm not doing the full detox. On top of these, there is so much more information in the book on healthy eating in general and loads of extra post-detox recipes (exactly what I want every time I finish the detox). I like to think I know quite a bit about health and food already, and I still learnt a lot from reading this book. The 5-day plan itself consists of 3 meals and 2 snacks each day, all made up of fresh fruit and vegetables, healthy fats, wholegrains and plant proteins, along with plenty of water and herbal tea. The food is simple to make and I'm not kidding when I say that every single meal and snack is delicious. Some ridiculously so (seriously, how can salad taste that good?!). Plus whenever I do the detox, or just eat according to Nikki's philosophy generally, I find that I have much more energy, I'm less bloated, my skin looks better and I get fewer cravings. I really can't praise this book highly enough.

This book is seriously amazing! Nikki doesn't just give you a detox plan to follow she goes through everything step by step. She first starts off by telling you about her life and how she came up with the Real Food Detox. She explains step by step what to do before, during, and after the detox. She explains why certain things are bad for you and why others are good. She tells you why you eat certain things during the detox, how they help, why they are good! And not to mention the detox food is amazing! When I did the detox I was never hungry and felt so amazing during and afterwards! I now incorporate the meals into my normal eating routine! This book is seriously amazing! Whether you are just starting out your healthy lifestyle/fitness journey or if you've been doing the healthy lifestyle for a long time! The philosophy of the real food detox is counting colors not calories and I think that's so simple to remember and easy to do! It really has something that everyone can learn from and enjoy! I have personally recommended this to many of my friends trying to get healthier and trying to lose weight. They have all loved the recipes I have made for them to try! I seriously recommend this book for everyone!

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