



**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**

*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:**

#### **Donna Beckman:**

The book 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 can give more knowledge and also the precise product information about everything you want. Why must we leave the great thing like a book 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? A number of you have a different opinion about reserve. But one aim in which book can give many information for us. It is absolutely proper. Right now, try to closer using your book. Knowledge or data that you take for that, it is possible to give for each other; you may share all of these. Book 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 has simple shape nevertheless, you know: it has great and massive function for you. You can seem the enormous world by open up and read a e-book. So it is very wonderful.

#### **Margie Turner:**

As people who live in the modest era should be upgrade about what going on or info even knowledge to make them keep up with the era and that is always change and progress. Some of you maybe may update themselves by reading books. It is a good choice for yourself but the problems coming to you actually is you don't know what kind you should start with. This 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 is our recommendation so you keep up with the world. Why, as this book serves what you want and want in this era.

#### **Jordan Sena:**

This book untitled 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 to be one of several books this best seller in this year, honestly, that is because when you read this book you can get a lot of benefit upon it. You will easily to buy this specific book in the book store or you can order it by means of online. The publisher in this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Touch screen phone. So there is no reason for your requirements to past this book from your list.

#### **Sam Stenger:**

Often the book 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 has a lot associated with on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. Tom makes some research ahead of write this book. This particular book very easy to read you can find the point easily after reading this book.

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