



## The Nourished Belly Diet: 21-Day Plan to Heal Your Gut, Kickstart Weight Loss, Boost Energy and Have You Feeling Great

By Tammy Chang

Ulysses Press, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. AN EASY-TO-FOLLOW DETOX UTILIZING TRADITIONAL WHOLE FOODS TO HEAL YOUR DIGESTIVE SYSTEM Your digestive issues could be as simple as what you're eating. Whether it's processed foods, added sugar or a number of other unhealthy options, this book will help you detox with traditional ingredients that heal the body naturally. Written by a health coach and certified nutrition consultant, The Nourished Belly Diet teaches a nutrition-as-medicine diet with: \* Complete guide to regenerative foods \* Three weeks of comprehensive meal planning \* Simple daily tips to boost vitality \* Essential holistic health advice Bring your body back into balance with the book's delicious recipes that use whole, traditional foods, including: \* Crispy Kale Chips \* Pumpkin Seed Pesto \* Rosemary Chicken \* Slow-Cooked Pork Ribs \* Tomato Corn Basil Salad \* Coconut Red Lentils \* Peanut Oxtail Stew \* Sweet Potato Home Fries.



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