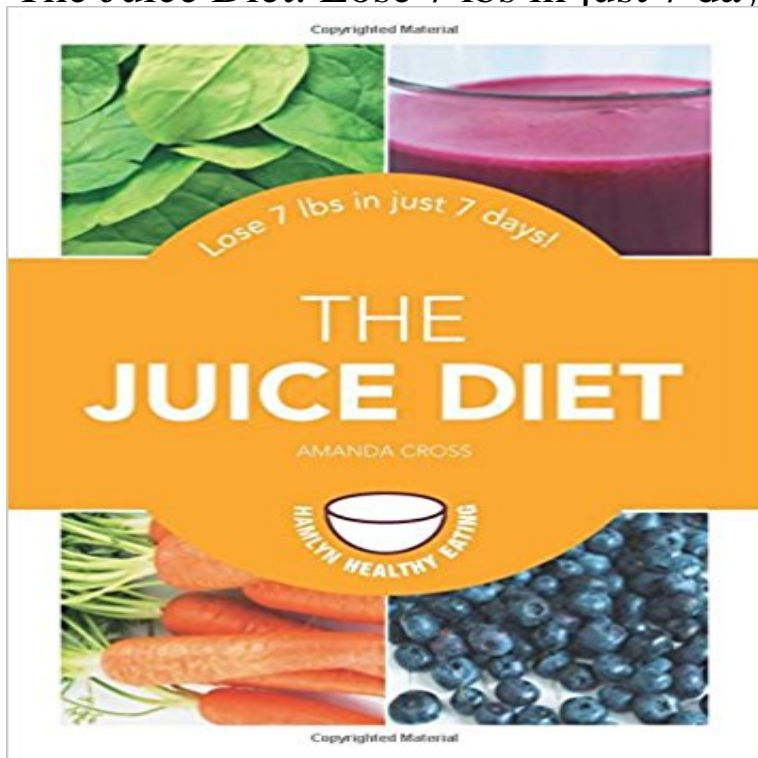


# The Juice Diet: Lose 7 lbs in just 7 days!



Whether you want to fit into a special outfit, look good on the beach or kickstart a long-term weight-loss plan, one week with The Juice Diet is all you need to lose 7 lbs. With 42 simple recipes for delicious, be-good-to-yourself juices, this healthy, fast-track diet will cleanse your system so that you lose weight and rid your body of toxins. Including all you need to know about why the diet works plus motivational tips, ideas for daily treats and gentle exercise routines, get ready to juice and lose with The Juice Diet!

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