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Overall, This Program And Book Is Great. If You Are Doing The Detox For 3 Or 10 Days. However, It Was Hard For Me To Take In That Much Food In Just Raw Veggies, Etc. Also, My Main Issue With The Book/program Is That It Offers Very Little Help In Coming OFF ... 7 Day Meal Planner. 5. Sh Feb 2th, 2024

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