FRUIT DIET RECIPE



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Delicious and Nutritious: Your Ultimate Guide to Fruit and Vegetable Recipes. Light, refreshing, and tasty these are the words I would use to describe this group of recipes.. Most people who want to start out on a healthy diet incorporate fruits and vegetables into the bulk of their meals and for good reason.

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3-Day Fruit-Cleanse Diet Overview. The 3-day fruit-cleanse diet originated with a book written by Jay Robb, a clinical nutritionist and Certified Fitness Trainer. The book s title is Fruit-Flush 3-Day Detox, but the diet is commonly known by various names, including the 3-day fruit-cleanse diet, the fruit flush diet and the 3-day fruit diet.

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