

Gorgeously Green Diet

With over 100
easy-to-make
recipes, this book
will help you
lose weight and
live healthier.



Sophia Williams

The Gorgeously Green Diet By Uliano Sophie 2009
Paperback

Sophie Uliano



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The Gorgeously Green Diet Sophie Uliano, 2009-04-16 From the New York Times bestselling author a 30 day plan to a leaner body In the follow up book to her bestselling *Gorgeously Green* Sophie Uliano reveals the secrets to getting slim while being good to the planet It turns out that eating local organic foods doesn't have to be expensive and a healthy meal can be made in 30 minutes or less all while shedding pounds In her relatable girlfriend to girlfriend tone Uliano pledges that anyone can go green and lean no matter where they live or what resources they have Uliano recognizes that dieting and going green are big lifestyle changes and makes it easy for readers to commit to both by allowing them to personalize their plans according to their needs The book has three diet plans light green bright green and deep green that depend on how much time travel and money readers want to commit to going green The three plans promise the same amount of weight loss but the darker green the plan is the greater the commitment the reader makes to reducing waste going organic and staying carbon neutral Each diet plan emphasizes natural seasonal whole foods that are not only better for the planet but better for the body Uliano explains how over processed over produced foods contain fewer nutrients are harder to digest and are more likely to be stored as fat With 4 week eating plans for each shade of green she shows readers how to wean themselves off of processed manufactured foods and onto fresh vegetables and meat The book recommends products brands and websites and has over 100 recipes every tool readers need to get lean while going green *Visions In Poetry* Jackie Hardcastle, 2014

Jackie's journey into the unravelling mysteries of the spiritual realm started as a casual glance into her clairvoyant skills a cute hobby to pass the evenings away The Angels had other plans This story is the unravelling of the information about the spiritual world through her eyes as she discovers more about herself her gifts and her visions that turned into poetry Written as a firsthand introductory account of her awakening spiritual awareness this book is set in a semi biography format interlaced with spiritually inspired poetry The reader is ushered through a variety of personal life lessons that eventually lead into discovering Love Forgiveness Gratitude and Truth Jackie shares with us experiences which lead her to feel directed to share the messages the questions and inspirational thoughts that came through The reader is encouraged to ask questions and form their own opinions as Jackie's quest for knowledge opens the doors for people to explore their own views and experiences about the spiritual realm and to learn more about the Truth of who they are *Gorgeously Green Diet* Sophie Uliano, 2009

The Gorgeously Green Diet Sophie Uliano, 2009-12-29 From the New York Times bestselling author a 30 day plan to a leaner body In the follow up book to her bestselling *Gorgeously Green* Sophie Uliano reveals the secrets to getting slim while being good to the planet It turns out that eating local organic foods doesn't have to be expensive and a healthy meal can be made in 30 minutes or less all while shedding pounds In her relatable girlfriend to girlfriend tone Uliano pledges that anyone can go green and lean no matter where they live or what resources they have Uliano recognizes that dieting and going green are big lifestyle changes and makes it easy for readers to commit to both by allowing them to personalize their

plans according to their needs The book has three diet plans light green bright green and deep green that depend on how much time travel and money readers want to commit to going green The three plans promise the same amount of weight loss but the darker green the plan is the greater the commitment the reader makes to reducing waste going organic and staying carbon neutral Each diet plan emphasizes natural seasonal whole foods that are not only better for the planet but better for the body Uliano explains how over processed over produced foods contain fewer nutrients are harder to digest and are more likely to be stored as fat With 4 week eating plans for each shade of green she shows readers how to wean themselves off of processed manufactured foods and onto fresh vegetables and meat The book recommends products brands and websites and has over 100 recipes every tool readers need to get lean while going green *The Publishers Weekly*, 2009 *The Gorgeously Green Diet* Sophie Uliano, 2009 Provides a four week eating plan recipes shopping lists exercise program and time saving tips for a healthier lifestyle using organic and natural foods

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