



The 3-Day Reset: Restore Your Cravings For Healthy Foods in Three Easy, Empowering Days

Pooja Mottl

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Eating healthy can be a struggle. It's hard to choose broccoli and brown rice instead of hot, cheesy pizza. And diets often ask you to cut out different foods all at once, leaving you feeling deprived.

In *The 3-Day Reset*, Pooja Mottl outlines 10 simple ways you can change your cravings and start eating whole, healthy, delicious foods—three days at a time. Each reset takes only 72 hours to complete, which means you'll be able to stay focused on healthy eating from start to finish.

Resets include: sugar, wheat, salt, chocolate, yogurt, chicken, beverages, breakfast, salad, and takeout.

Packed with delicious recipes and nutritional information to support why you should eat whole foods like quinoa instead of processed, frozen, or packaged foods, *The 3-Day Reset* will set you on the path to healthy eating... and help you stay there for good.

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