



# **The 5-Day Real Food Detox: A simple, delicious plan for fast weight loss, banished cravings, and glowing skin**

*Nikki Sharp*

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**Discover the safe, effective, delicious cleanse that took Instagram by storm! This 5-day detox program allows you to eat whole, nutrient-rich foods—and feel satisfied and energized while dropping pounds!**

As a professional model, Nikki Sharp traveled constantly, barely slept, skipped meals, and relied on quick fixes to stay skinny, all of which took a toll on her physical and emotional health. Realizing she needed to make a serious change, she began to study integrative nutrition—and learned that the key to weight loss, radiant skin, and overall well-being is not starving yourself but eating. That's right: *eating!* Sharp created her detox plan based on the knowledge that in the right combinations, real whole foods—grains, vegetables, fruits, and spices—can aid digestion, burn body fat, flush out toxins, reduce bloating, banish fatigue, and clear up acne.

Unlike other cleanses, *The 5-Day Real Food Detox* allows you to eat five times a day—and shed a pound a day—with meals and snacks developed by Sharp (and backed by a nutritionist and a registered dietician). Even better, the recipes, including Love Pancakes, Spinach & Chickpea Hummus, Black Bean Burgers, Cauliflower Mash, and Taco Bowl, have been taste-tested by Sharp's many of 300,000-plus Instagram followers, who have done the plan and seen amazing results. In *The 5-Day Real Food Detox*, you'll discover

- nutrient-dense foods that encourage detoxification and weight loss
- the facts on juice, smoothie, tea, and raw food cleanses
- yummy foods to substitute when you crave unhealthy ones
- ingredients to avoid and how to decode food labels
- the secret to great-tasting meals—use spices instead of salt
- strategies for lowering stress and combating insomnia
- troubleshooting for food allergies, mood swings, bloating, and other detox issues

Complete with gorgeous full-color photos, success stories, shopping lists, and meal plans, *The 5-Day Real Food Detox* lays the groundwork for eating well and feeling wonderful for the rest of your life!

## **Advance praise for *The 5-Day Real Food Detox***

“Nikki is an amazing inspiration. Whether you are vegan, vegetarian, paleo, or just trying to get healthy, this book is a must-read!”—**Kristina Carrillo-Bucaram, founder of the FullyRaw brand and author of *The Fully Raw Diet***

“Nikki Sharp's plant-based detox is a holistic approach to long-term wellness. Not only will it help get you lean in a short amount of time, it will keep you there, and feeling energized the whole way through.”—**Brendan Brazier, author of the Thrive book series**

“The real power of this book is that it just may transform how you think about your food, your body, and the way your choices shape every aspect of your life.”—**Adam Rosante, author of *The 30-Second Body***

“I love that Nikki Sharp’s program is full of real, satisfying foods that won’t leave you starving—so you can build healthy habits that will last long after the five days are over!”—**Megan Gilmore, author of *Everyday Detox***

“Nikki Sharp’s style is fun, approachable, and innovative, and embodies the new way we should be eating. The wellness world is fortunate to now include her brilliant new book.”—**Matthew Kenney, author of *Cooked Raw: How One Celebrity Chef Risked Everything to Change the Way We Eat***

“A must have for everyone who wants to look gorgeous and healthy like Nikki!”—**Ani Phyo, author of *Ani’s 15-Day Fat Blast and Ani’s Raw Food Essentials***

*From the Trade Paperback edition.*

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#### **Rosalind Bowlin:**

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#### **John Martin:**

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