

Oprah's Vegan Diet – Top 3 Vegan Diet Recipes to Lose Weight and Detox Your Body Revealed on Oprah!

Oprah Winfrey undergoes a vegan diet regime for shedding those extra pounds and detoxifying her body. According to her, a good lifestyle is the key for maintaining a better health. She recommends workouts, rest and healthy diets for losing weight. Lately, she decided to undergo 21 day vegan cleanse diet. She was highly inspired by Kathy Freston's book called Quantum Wellness.

Weight gain is the most common problem, which causes lots of difficulties in our day-to-day life. People with fluctuating weight like Oprah usually have to suffer its nuances but you can easily prevent this deformity by undergoing a vegan diet regime, which claims to diminish your fats permanently from your body. This diet plan mainly focuses on detoxification. Vegan diet contains anti-oxidants, essential fatty acids and fibers, which can easily help in flushing out toxins from our body.

Top 3 vegan diet recipes

* **French Onion Soup:** This is a classic vegan dish which can be consumed during lunch. The main ingredients for this product are olive oil, chopped onions, no-dairy margarine, sugar, soy sauce and multi grain baguette. Firstly heat oil and margarine then put some chopped onions into it. Add salt

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and garlic and stir it well till 5 minutes. Then cover the pan and let it cook for 30-35 minutes. After that you can add broth, sugar and soy sauce. Heat for another 5 minutes and your soup is now ready to serve.

* **Lentil soup**: You can easily prepare this delicious soup for your dinner. The main ingredients required for this product are olive oil, onions, diced tomatoes, vegetable broth, zucchini, slice celery, thyme, oregano, bay leaf, salt and pepper. It will take maximum 15 minutes to cook this meal.

* **Unrolled cabbage**: It is very easy to cook. The maximum time required for its preparation is 20 minutes. Main ingredients require for preparing this dish are soy sauce, salt and pepper, chopped cabbages, chopped onions, prepared mustard, brown sugar, salt and lemon pepper. You can easily bake it in the oven.

The above foods contain enables your body to lower cholesterol levels and shed those extra pounds. One should completely avoid saturated fats during their cleansing process. You can also have acai berries for burning fats naturally. Acai berries contain anti-oxidants, EFAs and fibers, which can easily stimulate fat loss. In order to lose weight healthily, you need to have a healthy colon. You should regularly clean up your colon for rejuvenating your entire health.

Dr Oz's top advice on the Oprah show has been **Regular Colon Cleanse** for a healthy digestive system and to flush out toxins from the body. To know more