

## The Detox Kitchen Bible



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### ***Reviews***

*An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.  
(Prof. Maya Hand)*

## THE DETOX KITCHEN BIBLE



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Condition: New. Publisher/Verlag: Bloomsbury Trade | 200 delicious feel-good recipes (all free from wheat, dairy and refined sugar), complete with detox plans that are tailored to your needs | 200 delicious feel-good recipes (all free from wheat, dairy and refined sugar), complete with detox plans that are tailored to your needs. Lily Simpson runs the Detox Kitchen, whose boutique delis and specially designed health menus have won thousands of customers - including international celebrities. She and consultant nutritionist Rob Hobson are devoted to their philosophy of great health through great food. Inside this book are 200 of Lily's exquisite recipes - brightly delicious and packed full of flavour thanks to her clever combinations of herbs, spices and oils. All wheat-, dairy- and refined-sugar-free, you'll find recipes for invigorating breakfasts, zingy raw salads, delicious snacks and dips, vibrant fish and meat dishes, and scrumptious sweet treats. But this is not just a recipe book. Rob explains how to use these dishes to target your health needs, whether that's losing weight, gaining energy, getting clearer skin - or just having a weekend detox after a few days of indulgence. Eat your way to glowing health with this smart new guide to daily wellbeing. | Format: Paperback | Language/Sprache: english | 1339 gr | 266x181x28 mm | 416 pp.



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