



The Detox Kitchen Bible

By Simpson, Lily / Hobson, Rob

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...



READ ONLINE
[3.77 MB]

Reviews

Thorough information! Its this sort of good read. It is actually written in straightforward words rather than confusing. I am just delighted to let you know that this is basically the best book we have read within my personal existence and can be the greatest pdf for actually.

-- **Dr. Henri Crona II**

Extremely helpful for all class of folks. I really could comprehend almost everything using this written e publication. You will not feel monotony at any time of the time (that's what catalogs are for about in the event you check with me).

-- **Prof. Melyna Dooley V**