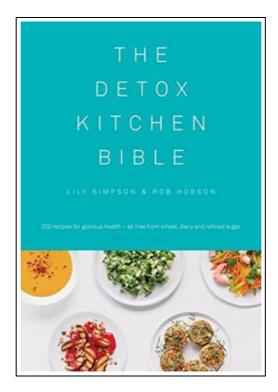
# The Detox Kitchen Bible (Hardback)



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# Reviews

This publication is wonderful. It can be rally fascinating throgh reading period of time. You are going to like the way the writer create this publication.

(Mrs. Piper Jacobi)

# THE DETOX KITCHEN BIBLE (HARDBACK)



Bloomsbury Publishing PLC, United Kingdom, 2015. Hardback. Condition: New. Language: English. Brand New Book. 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 sugarfree, 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.



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