



The Detox Kitchen Bible (Hardback)

By Lily Simpson, Rob Hobson

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 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.



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