

Detox Maintenance Recipe Collection - 130 Recipes From Around The World By Elizabeth Arnott



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A quick, three-day summer detox | goop

Her recipes—as evidenced by this easy-to-follow and effective three-day detox— are filled with nourishing, healthy ingredients, while .. The short answer is to eat 20 to 25 grams each day for weight loss, and 25 to 30 for weight maintenance. .. We designed an entire fall menu around this dish, keeping the sides simple

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Leading cookery writers have contributed recipes to this collection, which covers the It includes traditional favourites, classic dishes from around the world and .. Designed as a basic manual for cooks of every level, from beginners to highly . Cooking without: a detoxification guide and recipe book for gaining and

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