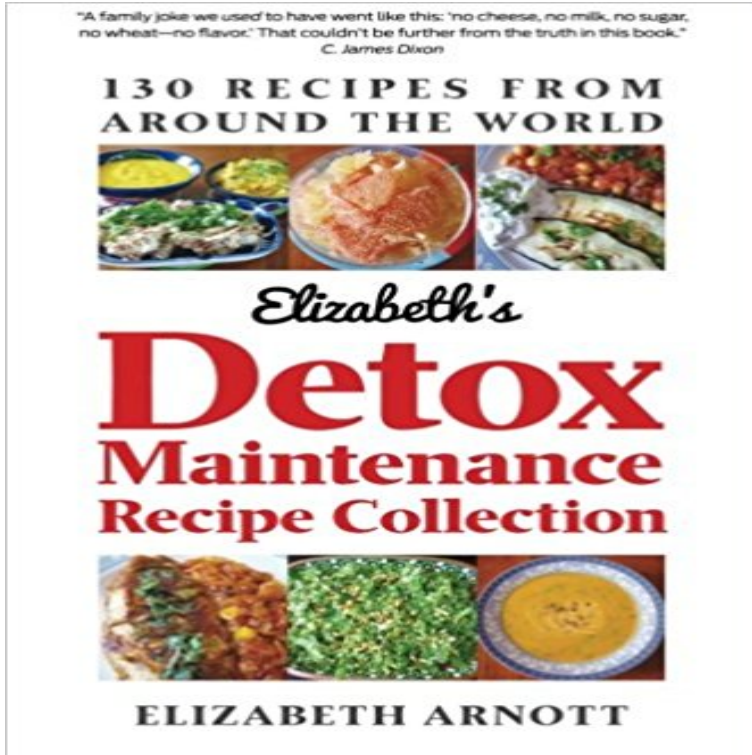


# Detox Maintenance Recipe Collection: 130 Recipes from Around the World



Is life worth living without bread, cheese, meat, coffee, chocolate, or wine? Absolutely it is, and author Elizabeth Arnott shows the possibilities with 130 exciting recipes inspired from around the world. Detox means to eliminate harmful toxins from your body. The natural way to do this is to avoid wheat, dairy, meat, and sugar. Detox Maintenance Lifestyle means to emphasize natural, healthy super-foods such as fish, vegetables, legumes or pulses, seeds, and fruit. The Detox Maintenance Recipe Collection makes it easy to live without habitually eating wheat, eggs, meat, chicken, dairy\*, sugar, chocolate, or coffee. (Yes, of course, you can indulge in all these things, occasionally.) Whether or not you are on a Detox Maintenance programme, enjoy recipes from around the world Europe, America, India, Thailand, Morocco, Argentina, and Mexico for every occasion. \* The word dairy is used as it is generally understood, such as cows milk products. This book includes recipes that contain goat and sheeps milk, cheese, and yoghurt.

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