



Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally

Megan Gilmore

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A healthy guide to detoxing naturally, all year round--no dieting, juice fasting, or calorie counting required--to lose weight, improve digestion, sleep better, and feel great, featuring 100 properly combined recipes for every meal of the day.

Most diets and cleanses have all-or-nothing rules that encourage unhealthy cycles of intense restriction followed by inevitable bingeing. In this healthy guide to detoxing naturally, nutritionist and blogger Megan Gilmore shares 100 delicious, properly combined recipes that will leave you feeling satisfied and well nourished while promoting weight loss and improving digestion and sleep.

Because the recipes were developed with digestion mechanics in mind, detoxers won't feel bloated or uncomfortable after eating. And crowd-pleasing recipes for every meal of the day—such as Banana Coconut Muffins, Chocolate Chia Shake, Broccoli Cheese Soup, Mediterranean Chopped Salad, Skillet Fish Tacos, Cauliflower Flatbread Pizza, and Peppermint Fudge Bars—are packed with all-natural, whole-foods ingredients designed to stave off feelings of deprivation. With helpful information on how to stock your detox-friendly kitchen plus a handy food-combining cheat sheet that demystifies this cutting-edge health principle, *Everyday Detox* makes it easy to start eating this way today.

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Philip Newman:

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Nicholas Thiede:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book can be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally can be good book to read. May be it is usually best activity to you.

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