



Detox Maintenance Recipe Collection Book 5: Vegetarian Entrées and Side Dishes - 20 recipes

Elizabeth Arnott

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Detox Maintenance Lifestyle. Inspirational recipes for healthy eating, healthy weight loss, healthy living.

Congratulations! You have taken the decision to detox your body, to maintain healthy eating habits, to sustain healthy weight loss, but like me you may have found it difficult to keep motivated when faced with the dietary limitations. However, help is at hand.

Book 5: Vegetarian Entrées and Side Dishes has 20 recipes from the eight book series **Detox Maintenance Recipe Collection** and was written for you, and for all of us who wish to adopt a healthy eating life style. Among the delicious recipes you will find Aubergines (Eggplant) and Spiced Chick Peas with Pistachio Sauce, Stuffed Red Bell peppers, Crunchy Roasted Sesame Potatoes.

We all know that vegetables are good for us, with their high fibre and multiple vitamin and mineral content protecting our bodies against illness and aging. It is recommended that we all eat at least five portions a day. Include as many different colours of vegetables as possible to ensure that you benefit from every type of nutrient.

If you follow my detox diet plan, you will retrain your eating habits.... look fabulous.... lose a lot of weight if that is what you need.... feel wonderful.... and develop a burning desire to maintain all that hard-won glow of fitness and health. But how are you going to find enough variety of flavours and tastes to avoid regressing to your old eating habits? All the books in this series have recipes without using wheat, eggs, meat, chicken, sugar or dairy*, solving your **"I need appetizing and nutritious food"** problem with delicious, healthy-eating recipes for every occasion, while keeping within the detox limitations.

As well as the recipes, there is a list of 80+ "Super-Foods" with their Nutritional Properties so you can check out the value of the ingredients of each recipe, and some handy Cook's Tips to save time and effort.

Caring for yourself is your most important responsibility, both to yourself and your loved ones. If you are good at keeping secrets, I ask you not to keep this one. Share the news of this book so it is no longer a secret to those suffering bland, tasteless food while trying to maintain a healthy body, and if you like this book, why not check out the others in the series, or the complete **Detox Maintenance Recipe Collection** which has 130 recipes for every occasion

**Dairy is used in its generally understood meaning i.e. cow's milk products. There are recipes that include goat's and sheep's milk, cheese and yogurt*

A Personal Note from the Author

Two years ago I lost 10 kilos or more than 20 pounds following my detox diet plan, and gained insight and knowledge about nutrition as well as a much healthier body. When I was looking for recipes to support the diet, I was frustrated by the lack of variety and tastes that seemed to be available while keeping within the

detox limitations. During my journey to discover how to make healthy food taste great, excite the palate and maintain the detox lifestyle, I collected recipes from around the world, and can now deliver them to you for your enjoyment, health and well-being.

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Lizabeth Melgar:

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