

Eat Again Collection Recipes Years

**the ution y x diet - get mark hyman's 10 day detox cookbook** - 3 here <sup>TM</sup>s what to eat during each phase of your detox what to eat during the prep phase (the 2 days leading into your 10-day detox) protein low-toxicity animal- or plant-based protein such as: halibut, mussels, wild salmon (canned or fresh), sardines, sable, shrimp, scallops, grass-fed beef, lamb and organic chicken, and nuts and seeds if you

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