

**the ution y x diet - get mark hyman's 10 day detox cookbook** - 4 the 10 day detox diet roadmap what to eat during the detox (10 days) protein poultry: chicken, turkey, duck, pheasant, cornish game hen, look for hormone and antibiotic free seafood: anchovies, clams, cod, crab, flounder/sole, herring, small halibut, mussels, wild salmon (canned or fresh), sardines, sable, shrimp, scallops, trout eggs: up to 8 per week, organic or omega 3 eggs only **oysters & crustacea - tower restaurant** - aperitif suggestion clementine & sage mule absolut vodka, clementine juice, sage syrup, ginger beer £8.50 rock oysters from carlingford c shallot an **adult classes - longo's** - 2 sunday, february 01, 2015 10:00am - 12:00pm learn to bake! we bake for change (in support of free the children) (interactive) cook for the love of your heart.

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