



Fresh Energy Cookbook: Detox Recipes To Supercharge Your Life

Natalia Rose, Doris Choi

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With the publication of *The Raw Food Detox Diet*, Natalia Rose popularized the concept of “detox dieting.” Her principles for cleansing and revitalizing the body by emphasizing living foods and proper food combinations caught the attention of Doris Choi, personal chef and caterer to New York’s cognoscenti—and inspired a whole new culinary approach. Rose and Choi teamed up to create The Rose Program Culinary Institute and Detox Delivers, an innovative cooking school and food delivery service for clients nationwide.

Now, with *The Fresh Energy Cookbook*, they unveil more than 150 of Chef Doris’s most coveted recipes, ideal for dieters and home cooks of all stripes. Lovingly compiled and gorgeously photographed, it covers essential kitchenware, prep skills, pantry items—and recipes for everything from juices and smoothies to warm savory salads, satisfying entrees, and guiltless desserts—all delicious and stunningly simple to prepare.

Contrary to popular opinion, true detoxing is not about drinking lemon water and starving oneself for weeks at a time; it’s about eating whole, fresh, high-vibration foods as nature intended us to, every day. While this cookbook features many vegan and raw dishes, it offers a range of amazingly healthy recipes, some of which include goat cheese, fish, and gently cooked starches and vegetables. Among the mouthwatering salads, soups, appetizers, entrees, and desserts are:

- Daikon Summer Rolls with Tomato Yuzu Dip
- Amalfi Salad
- Cauliflower Pizza with Matbucha Sauce
- Quick Ratatouille
- Fennel-Stuffed Salmon
- Butternut Squash Fries
- Chocolate Banana Ice Cream
- Lemon and Yuzu Granita

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Matthew German:

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