



## Healthy Meals: 2 Ultra Healthy Diets: Vegan and Paleolithic

*Linda McLane*

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Healthy Meals 2 Ultra Healthy Diets: Vegan and Paleolithic Sometimes the best dinner recipes that follow a healthy meal plan come from diets that are quite a change from the norm, including the Vegan Diet and the Paleo Diet. Each of these diets is featured in this Healthy Meals book. Each plan offers a balanced diet for those who choose to live two different lifestyles, one of a strict vegetarian and one of a meat lover. Both diets offer a healthy meal plan with a healthy recipe selection for all day. You are able to plan the menu for several weeks. The goal here is to be healthy and it starts with nutrition by having a healthy meal for dinner, lunch, and breakfast. The Vegan Diet section discusses the definition of the vegan diet. You will learn what it means to take on this dieting lifestyle. The recipe sections include Vegan Breakfast Recipes, Vegan Soups, Vegan Salads, Vegan Main and Side Dishes, and Vegan Desserts and Snacks. A sampling of the recipes include Chocolate Mint Cupcakes, Peppered Salad Over French Bread, Sloppy Joes, Indian Style Fried Potatoes with Cauliflower, Bok Choy Salad, Corn Chowder, Lemon Scones with Poppy Seeds, and Rice Pudding with Raisins. The Paleo Diet section discusses the benefits of eating the Stone Age diet that includes meat. The focus is on meat with fruit and vegetables and the absence of grains and legumes. Enjoy recipes like Pork Roast with Dijon Glaze, Salmon with Cherry Tomatoes and Roasted Asparagus, Spicy Scallop Salad, Leek and Sweet Potato Soup, Steamed Baby Carrots with Dill and Honey, Eggs with Kale, Irish Soda Bread, Paleo Style Coconut Cream Pie, Chocolate Avocado Mousse, Roasted Beet and Walnut Salad, Butternut Squash with Thyme, and Roasted Turkey with Balsamic Glaze and Apples.



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