



Healthy Diets to Lose Weight: Grain Free Recipes and Anti Inflammatory Ingredients

Couch Cherise, Achorn Ariana

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Healthy Diets to Lose Weight: Grain Free Recipes and Anti Inflammatory Ingredients The Healthy Diets to Lose Weight book covers two distinctive diet plans the Grain Free Diet plan and the Anti Inflammatory Diet plan. Each plan offers recipes using healthy foods to lose weight. The main theme of the book is helping you to establish the best way to lose weight through healthy eating habits with the best diet plan. If you follow the diets and add exercise, you will be on your way in learning how to lose weight fast. The first section of the Healthy Diets to Lose Weight book covers the Grain Free Diet plan with these chapters: Tasty Grain Free Recipes and Your Grain Free Meal Plan. The second section of the Healthy Diets to Lose Weight book covers the Anti Inflammatory Diet with these chapters: The Anti Inflammation Diet, Tips for Cooking and Eating Right When on the Anti Inflammatory Diet, Are You Cooking Right, and Delicious Anti Inflammatory Recipes. A sampling of the recipes found within the book are: Banana Nut Breakfast Cereal, Tofu Watercress Salad, Delicious Cucumber Salad, Salmon Ceviche, Grilled Salmon, Chicken and Lentils, Meaty Beans and Rice, Hearty Bean Dinner, Black Bean Huevos Rancheros, Turkey Curry, Polynesian Chicken, Almond Raisin Muffins, Garden Style Hot Dogs, Nutty Granola, Almond and Grilled Chicken Salad, Dark Chicken Soup, Gluten Free Potato Beef Stew, Pad Thai, Gluten Free Turkey Club, Shrimp Cakes, Gluten Free Irish Shortbread, Breakfast Cereal Sans Gluten, Roasted Almond Cookies, Grain Free Cornbread, Gluten Free Waffles, Sesame Seed Chicken Fried Steak, Baked Teriyaki Chicken, Turkey Tenderloins, Noodle Free Turkey Lasagna, Quinoa Breakfast Cereal, and Quinoa and Black Beans.

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