



Recipes Healthy: Low Carb and Anti Inflammatory

Mui Guerin, Yowell Yoshiko

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Recipes Healthy: Low Carb and Anti Inflammatory The Recipes Healthy book is about two distinctive diets the anti inflammatory diet and the low carb diet. These two diets offer easy healthy recipes and even a list of healthy foods to eat. The diets can work for people who need healthy food recipes for certain inflammation causing health conditions or who need to be on a low carb diet. The healthy eating recipes found within are a good match for both groups offering a wide variety of healthy meals enabling you to plan the menu for a couple of weeks without repeating recipes. The first section of Recipes Healthy covers the anti inflammatory diet with these chapters: Inflammation Problems, 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. The second section of Recipes Healthy book covers the low carb diet plan with these chapters: Low Carb Diet, Rise and Shine with a Fortified Breakfast, Lunchtime Recipes for Afternoon Energy, Great Dinner Surprises, Unique Side Dishes, Fulfillment with Drinks, Make Ahead Snacks, Let's Have a Picnic, Exciting Desserts, Wise Wok Cooking, List of Low Carb Foods, and Tips for Prepping. A sampling of the included recipes are: Mandarin Cauliflower and Broccoli Medley, Chocolate Spnnge Cake with Strawberries, Fresh Green Bean and Tomato Italiano, Low Carb Nachos and Fixings, Smooth Strawberry Passion, Dressy Cauliflower Casserole, Sassy Cheese and Chicken Enchiladas, Spinach Salad with Chicken and Raspberry, French Toast Strawberry Dippers, Grilled Chicken Cranberry Spinach Salad, Hearty Bean Dinner, Meaty Beans and Rice, Baked Teriyaki Chicken, Lime and Cilantro Tofu, Quinoa and Black Beans, and Banana Nut Breakfast Cereal.

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