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Healthy Diet Cookbooks: Healthy Grain Free Recipes and Juicing

Dannette Tomczak, Praylow Meg

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Healthy Diet Cookbooks: Healthy Grain Free Recipes and Juicing Dannette Tomczak, Praylow Meg Healthy Diet Cookbooks: Healthy Grain Free Recipes and Juicing The Healthy Diet Cookbooks covers two different diet plans, the Grain Free Diet and the Juicing Diet. Each of these diet plans are meant to encourage a healthy lifestyle. While the Grain Free Diet benefits those with gluten allergies and intolerances it is also a good diet for those who want to lose weight and simply become healthier. The Juicing Diet is a great diet to jump start weight loss and to cleanse the body of impurities. Each diet is great alone, but can also be combined to give you the best benefits of both plans. The first section of the book covers the Grain Free Diet with a sampling of these recipes: No Grain Granola, Sweet Potato Breakfast Casserole, Pot Roast with Fresh Vegetables, No Rice Pad Thai, Almond Coconut Chocolate Chip Cookies, Rye Style Flax Bread, Homemade Yogurt, Chicken Cracklings, Creamy Cauliflower Soup, Roasted Winter Squash, Kale Coleslaw, Matzoh Ball Soup, Cheese Crisps, Roasted Pumpkin Seeds, Almond Biscuits, Honey Buttermilk Panna Cotta, Stuffed Bell Peppers with Veal, Tropical Tilapia, No Grain Breakfast Burritos, Fresh Homestyle Beef Sausages, Almond Cottage Cheese Pancakes, Hot Porridge, and Barbecue Chicken with Grain Free Sauce. The second section covers the Juicing Diet covering these categories: Juicing Guide, What is the Juicing Benefits of Juicing, Helpful Tips to Simplify Juicing for Weight Loss. Here is a sampling of some of the recipes included: Orange Mango Juice Recipe, Lime Spinach Juice Recipe, Tasty Morning Apple and Carrot Juice Recipe, Tangy Grapefruit Carrot Juice Recipe, Cucumber and Tomato Immune Boosting Juice Recipe, Kiwi Strawberry Energy Boosting Juice Recipe, Beta Carotene Deluxe Juice Recipe, Coconut Mango Tropical Delight Juice Recipe, Carrot and Cucumber Broccoli Juice Recipe, Pineapple and Kale Detoxifying Juice Recipe, and Go Green Spinach and Cucumber Juice Recipe.

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