



Healthy Cooking Books: 3 Healthy Cooking Diets

Cathy Warner, Barker Phyllis

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The Healthy Cooking Books is a compilation of three different sections featuring grain free recipes, detox recipes, and a flexible dieting cookbook. In this book you will find grain free and detox diet healthy cooking tips with one common goal - to incorporate healthy cooking ideas. The sections of the Healthy Cooking Books features Grain Free Recipes, Tasty Grain Free Recipes, Your Grain Free Meal Plan, Detox Recipes, What is the Detox Diet, Benefits of Detoxifying, Helpful Tips for Detox Diet Success, Detox Diet Breakfast Recipes, Detox Diet Soup and Salad Recipes, Side Dish Detox Recipes, Main Dish Detox Diet Recipes, Detox Drink and Detox Smoothie Recipes, Detox Diet Snack and Appetizer Recipes, Detox Diet Dessert Recipes, Detox Diet 7 Day Meal Plan, Dieting Cookbook, Low Fat Recipes: The Basic Weight Loss Recipes, Low Carbohydrate Recipes: Somewhat Misunderstood but Very Helpful for Weight Loss, Muscle Building Recipes to Boost the Metabolism, Fish Recipes to Lose Weight, Raw Food Diet Recipes for the Daring, Vegetarian and Vegan Recipes for Weight Loss, Paleolithic Diet Recipes: Turning Back the Clock A Lot, Breakfast Recipes for Weight Loss, Desserts for the Diet Conscious A Five Day Sample Meal Plan, and Final Words that Are Not So Final. A sampling of the included recipes are Cottage Cheese Dessert and Breakfast Pancakes, Mixed Grain Tabbouleh with Roasted Eggplant Chickpeas and Mint, Muscle Building Frozen Yogurt Peanut Butter Banana, Easy Stir Fried Veggies and Fish Recipe, Delicious Lemon Dressed Kale Salad Recipe, Homemade Apple Cinnamon Granola Recipe, Pad Thai, Almond and Grilled Chicken Salad, and Sesame Seed Chicken Fried Steak.

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Kenneth Flowers:

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