



Nutritious Recipes: Good Nutrition on the Grain Free Diet, With Delicious Smoothies

Charisse Nell, Willaims Stacia

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Nutritious Recipes: Good Nutrition on the Grain Free Diet, With Delicious Smoothies This Nutritious Recipes book has recipes for nutritious meals following two distinctive diet plans, the Grain Free Diet and the Smoothie Diet. There are low calorie recipes and low fat recipes to create easy healthy dinners, lunches, breakfasts, and even snacks and desserts. You know how it can be difficult to come up with healthy food ideas on your own, with this great book you will not have to. You will have many healthy food options at your fingertips. Read through this book for many easy dinners, lunches, and breakfasts. Find delicious gluten free and nutritious shakes recipes. The Grain Free diet section covers these categories: Breakfast Recipes, Main Dish, Side Dishes, Breads, Desserts and Snacks, Cookies, and Cakes. A sampling of the recipes include: Orange Cake, Mini Cheesecakes, Walnutty Crackers, Creamy Mushroom Soup, Spaghetti and Sauce with Meat, Spicy Banana Bread Muffins, Coconut Blueberry Crepes, Pancakes, Pumpkin Spice Muffins, Rye Bread, Bread Rolls, Spicy Turkey Stuffing, Sweet Pan Bread, Banana Nut Brownies, Chocolate Nut Cookies, Yellow Cake, Almond Cake, Apple Cranberry Cobbler, Cheese Bread, Chicken Stuffing, Boneless Buffalo Chicken, Chicken Nuggets, Chicken and Dumplings, Flax Bread, Pizza Crust, Chili Chicken Breasts, Blueberry Muffins, Macadamia Fruit Muffins, and Cinnamon Roll Muffins. The Smoothie Diet Cookbook section has categories that covers The Benefits of a Smoothie Diet, Fruits in Particular, The Benefits of Drinking Green Smoothies, Lose Weight and Fat on a Smoothie Diet, Smoothie Creations - A Quick How To Guide, Tips for Making Good Smoothies, and recipe sections covering Fruit Smoothies, Vegetables (or Green) Smoothies, Tofu Smoothies and a 5 Day Sample Menu. A sampling of some of the recipes are: Banana Raspberry Tofu Smoothie, Eat Your Vegetables Smoothie, Oatmeal and Fruit Smoothie, Peanut Banana Berry Smoothie and Spicy Banana Smoothie.

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