



Healthy Dieting: Increase Health with Blood Type Recipes and Grain Free

Sandra Collins, Roberts Rachel

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Healthy Dieting: Increase Health with Blood Type Recipes and Grain Free The Healthy Dieting book covers two diet plans that promote good health, the Grain Free Diet and the Blood Type Diet. Each of these diet plans offer recipes that include foods to help make the body stronger and healthier by addressing some health concerns. The grain free diet is good for people who have gluten intolerances and allergies. The blood type diet is good for people who follow the thought that certain foods are good for each different blood type. The diets in this book can be combined if the people who are intolerant to grains just avoid the recipes that call for grains in the blood type diet section. The first section of the Healthy Dieting book covers the grain free diet with these categories: Grain Free Cooking, The Problem of Grains, Transitioning to a Grain Free Diet, A Question of Nutritional Balance, Grain Free Shopping and Cooking Tips, Reading the Recipe Key, Breakfast, Main Dishes, Baking and Desserts, Snacks, Salads, Soups, and Sides, and a 5 Day Grain Free Meal Plan. A sampling of the recipes include: Roasted Winter Squash, Chicken Cracklings, Rye Style Flax Bread, Stuffed Bell Peppers with Veal, and Sweet Potato Breakfast Casserole. The second section of the Healthy Dieting book covers the blood type diet with these categories: What the Opposition Says About Blood Type Diets, Blood Types, Blood Type O Diet, Blood Type A Diet, Blood Type B Diet, Blood Type AB Diet, Blood Type Recipes, Blood Type O Recipes, Blood Type A Recipes, Blood Type B Recipes, and Blood Type AB Recipes. A sampling of the included recipes are: Risotto Tomato Rice, Turkey Burgers, Bagels, Nutty Baked Yellow Delicious Apples, Veggies and Goat's Cheese Dip, Green Beets, Baked Italian Meatballs, Dinner Rolls for Type B, and CranNut Cake.

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