



Diet Digest: Grain Free Cooking and Anti Inflammation

Terri King, Simmons Beatrice

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The Diet Digest book features the anti inflammation diet and the grain free diet. The book has grain free recipes for grain free cooking and recipes that call for anti inflammation foods. Each of these diets help to decrease inflammation since grains is one of the foods that can cause it. You will find it easy to practice anti inflammation and grain free cooking. You will find enough recipes in this anti inflammation food and grain free cookbook to plan a menu for a couple of weeks in advance. The first section of the Diet Digest book features these categories: Anti Inflammatory Diet, Inflammation Problems, The Anti Inflammation Diet, Tips for Cooking and Eating Right When on the Anti Inflammatory Diet, Delicious Anti Inflammatory Recipes, 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, A 5-Day Grain Free Meal Plan. A sampling of the included recipes are: Roasted Winter Squash, Creamy Cauliflower Soup, Chicken Cracklings, Homemade Yogurt, Rye Style Flax Bread, No Flour Chocolate Lava Cake, Banana Coconut Muffins, Almond Coconut Chocolate Chip Cookies, No Rice Pad Thai, Pot Roast with Fresh Vegetables, Sweet Potato Breakfast Casserole, No Grain Granola, Banana Nut Breakfast Cereal, Baked Teriyaki Chicken, Black Bean Huevos Rancheros, Quinoa and Black Beans, Meat Beans and Rice, Grilled Chicken Cranberry Spinach Salad, Lime and Cilantro Tofu, Almond Cottage Cheese Pancakes, and Zucchini Pasta with roasted Sweet Potatoes and Coconut Pesto.

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