



Diet Inspiration: Lose Weight With Grain Free Recipes and Green Juices

Chaya Kennett, Dowdell Alyce

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Diet Inspiration: Lose Weight With Grain Free Recipes and Green Juices The Diet Inspiration book contains two distinctive diet plans the grain free diet and the green juice diet. Each diet can be eaten individually, or you can combine the two. By combining the two you will have a wider choice of recipes and can plan the menu for weeks in advance. Dieting is hard to do if you do not have a well laid out plan. This book enables you to plan ahead, to make a grocery list, and to help stay on the diet. If you are wanting to lose weight, you can do so with a wide variety of choices and find just the recipes you will enjoy. The first section of the book covers the grain free diet plan with these categories: Grain Free Breakfast Recipes, Grain Free Snacks, Appetizers, and Desserts, Grain Free Breads, Grain Free Side Dish Recipes, Grain Free Main Dish Recipes, and a 5 Day Meal Plan. A sampling of the recipes included are: Dutch Oven Chili, Kale Mango Salad, Zucchini Bread, Tortilla Chips, Coffee Cake, Vanilla Yogurt with Fruit Salad, Peanut Butter Cookies, Irish Soda Bread, Broccoli Quinoa Casserole, Parmesan Mushrooms Quinoa, and Baked Salmon. The second section of the book covers the green juice diet with these categories: What is the Green Juice Diet, Common Green Juice Diet Myths, Benefits of the Green Juice Diet, Helpful Tips for Dieting Success, Decide on the Length of Time You Will Follow the Diet, Prepare Before Starting the Green Juice Diet, Tips to Use While on the Diet, Great Ingredients to Use in Your Green Juices, Delicious and Nutritious Green Juice Recipes, and a Your 7 Day Green Juicing Diet Meal Plan. Enjoy many recipes including Tropical Sweet Kale Green Juice Recipe and Strawberry and Tangerine Green Juice Recipe.

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