



Quick Healthy Cooking: Low Carb Ideas and Grain Free Goodness

Genevieve Amyx, Janey Josphine

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Quick Healthy Cooking: Low Carb Ideas and Grain Free Goodness The Quick Healthy Cooking book contains two diet plans, the Grain Free Diet and the Low Carb Diet. Each of these offers recipes for quick healthy meals by using the healthy cooking recipes in each section. Both diet plans offers a great way to use healthy foods through the quick and easy recipes in order to develop a healthier lifestyle. If your aim is to lose weight or just get healthy these healthy food recipes are just what you need. You will find enough healthy eating recipes to plan a menu for over several weeks without repeating. These easy food recipes make it a cinch to step into a healthier lifestyle with your diet. The first section of the Quick Healthy Cooking book is on the Grain Free Diet with these chapters: Tasty Grain Free Recipes and Your Grain Free Meal Plan. The second section of the Quick Healthy Cooking book is on the Low Carb Diet with these chapters: Low Carb Diet, Rise and Shine with a Fortified Breakfast, Lunchtime Recipes for Afternoon Energy, Great Dinner Surprises, Unique Side Dishes, Fulfillment with Drinks, Make Ahead Snacks, Let's Have a Picnic, Exciting Desserts, Wise Wok Cooking, List of Low Carb Foods, and Tips for Prepping. A sampling of the included recipes are: Mandarin Cauliflower and broccoli Medley, Chocolate Sponge Cake with Strawberries, Fresh Green bean and Tomato Italiano, Crispy Fried Fish with Lemon Sauce, Honey Dew Smoothie, Gluten and Sugar Free Gingerbread Cake, All Purpose Gluten and Grain Free Nut Bread, Almond and Grilled Chicken Salad, Gluten Free Breakfast Biscuits, Sesame Seed Chicken Fried Steak, Grain Free Breakfast Bars, and Nutty Granola.

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