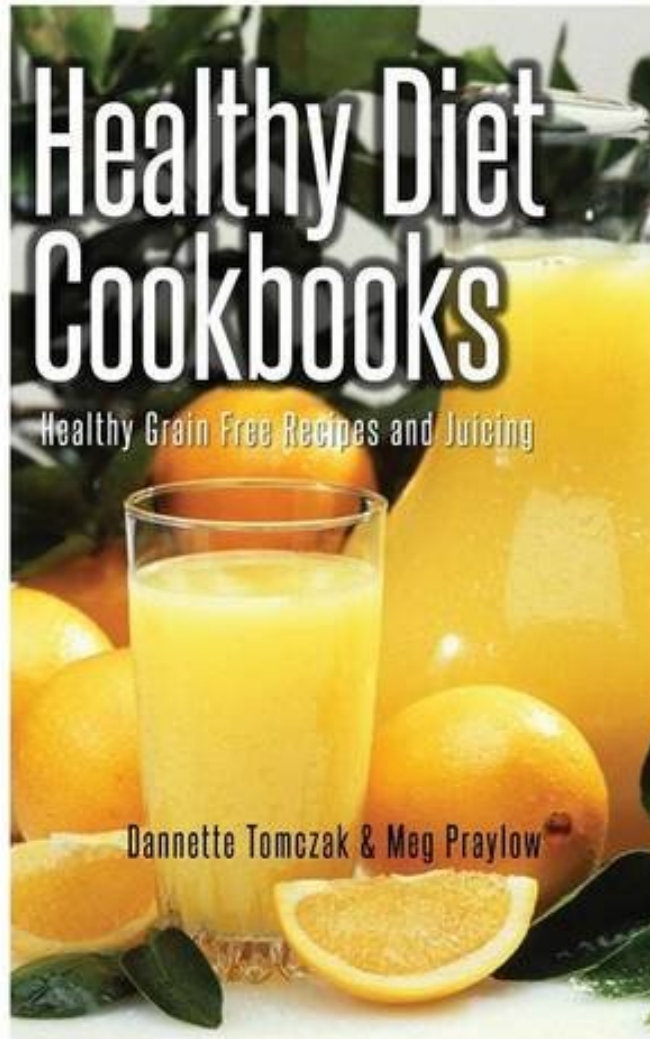


[Free] Healthy Diet Cookbooks: Healthy Grain Free Recipes and Juicing

## Healthy Diet Cookbooks: Healthy Grain Free Recipes and Juicing

*Dannette Tomczak, Praylow Meg*  
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**Dannette Tomczak, Praylow Meg : Healthy Diet Cookbooks: Healthy Grain Free Recipes and Juicing** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Diet Cookbooks: Healthy Grain Free Recipes and Juicing:

1 of 1 people found the following review helpful. Lose weight and be healthierBy Burns WellThis book is about teaching you a healthier way of eating by avoiding grains (basically a low-carb diet) and juicing (which is basically about eating large amounts of fresh fruits and vegetables). The book gives a wide-variety of recipes for both the grain-free diet, from breakfast to dinner to dessert, as well as the juicing diet. Let's discuss these diets.The three major

components of food are fats, carbohydrates, and proteins. Protein is the building block of cells, and we need a certain amount every day to remain healthy. We also need Fats and/or Carbohydrates, which provide us with energy and can be substituted for one another, because the body is able to interconvert them. In other words, fats and carbohydrates are two different forms of the same thing. When we eat more energy (fats and carbohydrates) than we need, the leftovers are stored as body fat. Later, that body fat can be converted back to carbohydrates and used as energy when we are fasting. Thus, body fat is stored energy. When someone is overweight, it means they have too much stored energy. This can be solved by not eating any more carbohydrates and fats, until that energy is used up. (You will still need to eat protein to stay healthy.) Unfortunately, this can be unpleasant, since it involves eating close to nothing. Two cans of tuna have enough protein for an entire day, and only contain about 150 calories per can. You can lose weight by eating two cans of tuna a day and nothing else, but you will be hungry most of the day. The idea behind low-carb diets is to get most of your energy from fats, and as little as possible from carbohydrates. There is mixed evidence about whether or not this strategy works, but some evidence has shown that people who stay on low-carb diets for the long term lose an average of 9 pounds. In any case, I'm sure the effectiveness of a low-carb diet varies from person to person. So how does the low carb diet work? The most likely answer is that it limits your food choices and makes you feel fuller. By limiting your food choices, it may make you avoid some of your favorite snack foods, causing you to eat less. Additionally, fat tends to make one feel fuller, which also may cause one to eat less. From my personal experience, this is significant. I can eat a lot of certain types of food and be hungry a short while later. But when I eat peanut butter, which has a ton of fat in it, I feel full and don't think about eating for a very long time. It seems that some foods make you hungrier, while others make you fuller. The high carb content in some foods may be making you hungrier, and eating food higher in fat may make you fuller. If you think this describes you, you should give the low carb diet a chance. I think the results may vary from person to person, so you won't know whether it works for you until you try it.

The juicing diet is about eating large amounts of fresh fruit and vegetables, because juicing them makes it possible to drink them quickly, rather than doing a lot of chewing. Fresh fruits and vegetables contain all kinds of important nutrients, including vitamins, minerals, and cancer-fighting phytochemicals. It's a well-known fact that fruits and vegetables are the healthiest thing you can eat. And they don't have a lot of calories either. Juicing allows you to consume large amounts of healthy food, and feel full without all the calories. This is a great diet for losing weight and maintaining health.

I received this book at a discount in exchange for my honest and unbiased review. 0 of 0 people found the following review helpful.

LC) Sweet Potato Breakfast Casserole (GF) By Tendo Introduction Section 1: 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 Fresh Homestyle Beef Sausages (GF, P, LC) Almond Cottage Cheese Pancakes (GF, P\*, LC\*\*) Open-faced Apple, Egg and Salmon Sandwich (GF, P, LC) Almond Waffles (GF, P\*) Green Eggs (GF, P, LC) Hot Porridge (GF, P, LC) No-Grain Breakfast Burritos (GF, P, LC) Sweet Potato Breakfast Casserole (GF, P, LC) Main Dishes Tropical Tilapia (GF, P) Barbecue Chicken with Grain-free Sauce (GF, P) Zucchini Pasta with Roasted Sweet Potatoes and Coconut Pesto (GF, P), American Taco Pie (GF, P, LC) Braised Chicken with Sweet Potatoes and Fennel Bulb (GF, P) Baked Cashew Chicken (GF, P, LC) Savory Braised Duck (GF, P, LC) Stuffed Bell Peppers with Veal (GF, P, LC) No-Rice Pad Thai (GF, P, LC) Baking and Desserts Honey-Buttermilk Panna Cotta (GF, P\*, LC\*\*) No-Grain Sandwich Bread (GF, P, LC), Banana Coconut Muffins (GF, P, LC) No-flour Chocolate Lava Cake (GF, P) Coconut-vanilla Frozen Dessert (GF, P, LC) Almond Flour Blueberry Muffins (GF, P, LC\*) Cinnamon Roll Muffins (GF, P) Almond Biscuits (GF, P, LC) Rye-style Flax Bread (GF, P, LC) Snacks Roasted Pumpkin Seeds (GF, P, LC) Coconut Chicken Strips (GF, P, LC) Fruit and Nut-Stuffed Pears (GF, P, LC) Sesame Almond Crackers (GF, P, LC) Cheese Crisps (GF, P\*, LC) Chicken Cracklings (GF, P, LC) Salads, Soups and Sides Matzoh Ball Soup (GF, P, LC) Split Pea and Mushroom Soup (GF) Squash Oven Fries (GF, P, LC) Cranberry Steak Salad (GF, P, LC), Spinach and Blood Orange Salad (GF, P) Kale Coleslaw (GF, P, LC) Roasted Winter Squash (GF, P, LC) A 5-Day Grain Free Meal Plan Conclusion Section 2: Juicing Guide Chapter 1: What is the Juicing? Chapter 2: Benefits of Juicing Chapter 3: Helpful Tips to Simplify Juicing for Weight Loss Chapter 4: Delicious Juicing Recipes for Any Meal Orange Mango Juice Recipe Refreshing Red Pepper and Basil Juice Recipe Lime Spinach Juice Recipe Wild Edible Greens Juice Recipe Tasty Morning Apple and Carrot Juice Recipe Carrot Citrus Twist Juice Recipe, Tangy Grapefruit Carrot Juice Recipe Very Veggie Blast Juice Recipe Bone Building Kale Juice Recipe Iron Packed Spinach Broccoli Juice Recipe Citrus and Cabbage Juice Recipe Cucumber and Tomato Immune Boosting Juice Recipe Sweet Pineapple Watermelon Juice Recipe Kiwi Strawberry Energy Boosting Juice Recipe Citrus, Apple, Pear Juice Recipe Beta Carotene Deluxe Juice Recipe Antioxidant Mixed Berry Juice Recipe Coconut Mango Tropical Delight Juice Recipe Pear, Apple, Blueberry Juice Recipe Carrot and Cucumber Broccoli Juice Recipe Delicious Tropical Papaya and Pineapple Juice Recipe Pineapple and Kale Detoxifying Juice Recipe Fruity Cleansing Juice Recipe Go Green Spinach and Cucumber Juice Recipe, Spinach and Cinnamon Metabolism Booster Juice Recipe Green Juice with a Hint of Sweetness Recipe Potassium Delight Spinach Juice Recipe V-8 Flavored Juice Recipe Blueberry and Pomegranate Fruit Juice Recipe Pumpkin Pineapple Juice Recipe Body Cleansing Celery Juice Recipe Chapter 5: Your 7 Day Juicing Diet Meal Plan 0 of 0 people found the following review helpful. Get out your wallet if you want to make these recipes! By MK Quality: Excellent Value: Excellent (currently free on

Kindle)Pros: Variety of recipes, two parts (one grain-free cooking, one juicing)Cons: For me, some of the harder-to-find ingredients would make me less likely to try recipes (\$\$\$)All right, I'm going to make you a little grocery list (not a complete list, though) in case you want to make any recipes from the first part of this book:raw pecansgrass-fed boneless chuck steakalmond flourgelatin granulesmoked salmontapioca flourfresh mintduck legsmung bean noodlessesame oilgrain-free dark chocolatedate pastegrapeseed oilpowdered yogurt starterfat, flat-bottomed pearslarge bulb fennelblood orangesrice vinegardelicata squash12 dozen eggs (or more--many of the recipes call for eggs)Just some stuff you might not have on hand. Not having a very large grocery store nearby, I find it hard to make dishes with these types of ingredients without planning ahead. Since I'm not very good at planning ahead, I'm much less likely to make something that has \*fancy\* ingredients. The first part of this book discusses eliminating grains from one's diet, particularly for those who have allergies or sensitivity to gluten/grains. The ingredients I listed above are taken from all different recipes, so most only have one harder-to-find-at-the-corner-store ingredient. This is an awesome collection for those who need to avoid gluten and think of alternatives. I don't eat too many carbs in the white flour family, but I am not going to pretend that apple slices are "bread" for my breakfast sandwich. I'd just eat the filling and have an apple with it.I was honestly more interested in the grain-free recipes than the juicing recipes in second half of the book. This is probably because I don't own a juicer. I do, however, have a powerful personal blender and do some "nutribulleting", which is really just juicing without leaving the pulp behind! Anyway, I read through the recipes and found some interesting combinations I can try to blend up. For example, there is a vegetable juice recipe along the lines of V8, and I could definitely throw that in the blender and make a nice gazpacho-type mix.

Healthy Diet Cookbooks: Healthy Grain Free Recipes and Juicing The Healthy Diet Cookbooks covers two different diet plans, the Grain Free Diet and the Juicing Diet. Each of these diet plans are meant to encourage a healthy lifestyle. While the Grain Free Diet benefits those with gluten allergies and intolerances it is also a good diet for those who want to lose weight and simply become healthier. The Juicing Diet is a great diet to jump start weight loss and to cleanse the body of impurities. Each diet is great alone, but can also be combined to give you the best benefits of both plans.

About the AuthorCo author of: "Healthy Diet Cookbooks: Healthy Grain Free Recipes and Juicing".