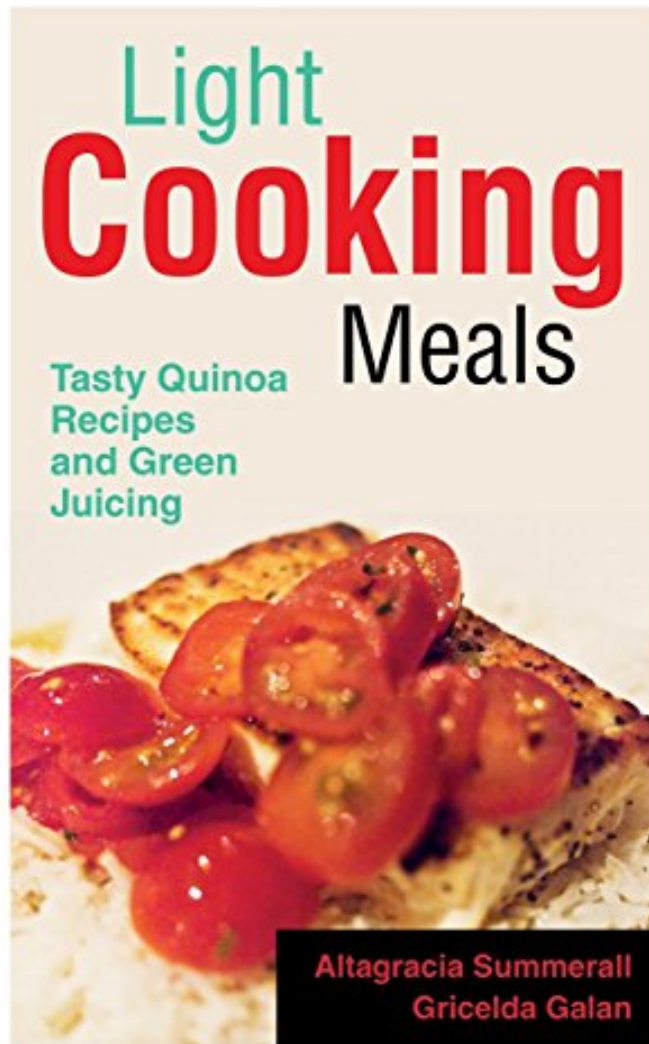


(Download) Light Cooking Meals: Tasty Quinoa Recipes and Green Juicing

Light Cooking Meals: Tasty Quinoa Recipes and Green Juicing

Altagracia Summerall, Galan Gricelda
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Altagracia Summerall, Galan Gricelda : Light Cooking Meals: Tasty Quinoa Recipes and Green Juicing before purchasing it in order to gage whether or not it would be worth my time, and all praised Light Cooking Meals: Tasty Quinoa Recipes and Green Juicing:

1 of 1 people found the following review helpful. Quinoa for health!By MayaThis book covers green juice dieting and quinoa. The green juicing is basically combining green and non green fruitsand veggies into a juice you drink several times a day with water and green tea added into the diet. There are tips forbuying a good blender/juicer, tips for preparing for the diet. It is fairly drastic so you should plan ahead including shoppingonce so that you do not go to the

store and get tempted to cheat. The benefits of a green juice diet are explained such as getting all the vitamins, nutrients, minerals and antioxidants raw and concentrated so they are healthier, weight loss and detoxification of the body. There is a list of the foods considered green and one of the non green foods you can add also. There is a 7 day meal plan to help start off the diet. The recipes sound good and the only complaint I have about the way they are done is that they are in grams and liters and we are not provided with conversion in the recipe or a conversion table in the book. This is also true for the quinoa recipes. In a few places there is some strange sentence structure and bad grammar but not enough to ruin the content of the book. Quinoa is a superfood and is full of great benefits. The author explains what quinoa is and its history. Also the benefits of eating quinoa are explained including high protein, amino acids, calcium, magnesium and iron. There are also tips for preparing it and a 7 day meal plan. A fairly well written book with a lot of great recipes and information. I received this book free in exchange for my honest review. 2 of 2 people found the following review helpful. Authors leave out the potential health effects of juice cleanses. By S. Deffendoll. The quinoa half of this book is word for word the same as a previous quinoa book I have seen. Very unimpressed. When I saw this book I mistakenly thought it would be smoothies not juices so that is my mistake. However, the authors provide no details about the potential risks of an exclusively juice diet which is ridiculously dangerous and could cause numerous health problems. Adding a glass or two of juice to your usual diet will be good for you but relying solely on juice is going to leave you malnourished. The authors covered a few "myths" of the juice diet including that it tastes horrible, too expensive, or that it gets boring and offers reasons why these claims aren't true. However, they do not provide any information about the health risks only providing a brief statement about seeing a doctor before starting a juice diet. The authors also provide no information about their own qualifications to recommend any sort of diet. First, the body naturally cleanses itself. That's what the liver, kidneys, and GI tract are designed for. If you do not have functioning liver, kidneys, or a GI tract this diet is not going to cut it. Second, common side effects of a juice cleanse include lack of energy, headaches, shakiness, constipation, and irritability. These side effects are not evidence of "toxins" being removed from your body but lack of proper hydration and nutrition. Third, you cannot support long term weight loss through a cleanse without sacrificing muscle mass which will cause more harm in the long run than benefits. Dieticians do not recommend juice cleanses regardless of which celebrities endorse it. Since I have agreed to provide an honest review of this book in exchange for the free copy I received I felt that I should provide some of the actual truths about this diet that they authors felt compelled to ignore. I also want to add that most fruits and veggies are more nutritious when eaten whole than when juiced. Smoothies are a much better alternative to juice because you can get the benefits of the fruits and veggies but you can also add in extra fiber and protein for more complete nutrition. 0 of 0 people found the following review helpful. Love the Cookbook! By T. K. Harrison. Quinoa is one of those misunderstood grains however it has been gaining in popularity since it is a healthy substitute for things such as starchy rice. Today I choose light cooking. Today I choose for my family to eat lighter. The juicing recipes in this book are so darned delish! Instead of crackers or a PBJ for an after-school snack, this cookbook has helped me change those types of eating habits in my teenagers as it offers healthier and tastier substitutes for processed food. A little juice with breakfast, a little more with fresh fruit for an after school snack...and a healthy supper - just what the doctor ordered! And my teenagers? Now they are sharing these recipes with their friends! (I received this book in exchange for my honest opinion via this review. I would NOT have given it such a high rating if it wasn't worthy of such.)

Light Cooking Meals: Tasty Quinoa Recipes and Green Juicing The Light Cooking Meals book covers two diet plans that are considered to be light and healthy, the Green Juice Diet and the Quinoa Cookbook. This book gives you quick healthy meals and cooking recipes to help you stay on a light and healthy diet. There are enough healthy cooking recipes to create a menu to last a couple of weeks without repeating any of these easy healthy recipes. Going on a light cooking diet is a breeze when you can create easy meal ideas through the many delicious healthy recipes. All of the healthy easy recipes in this book are a part of either the green juice diet or the quinoa diet.

About the Author Co author of "Light Cooking Meals: Tasty Quinoa Recipes and Green Juicing".