



Healthy Cooking: Anti Inflammatory Foods with Blood Type Recipes

India Osornio, Benfield Bettyann

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Healthy Cooking: Anti Inflammatory Foods with Blood Type Recipes The Healthy Cooking book features two healthy diets, the Blood Type Diet and the Anti Inflammatory diet. You will find easy healthy recipes to make many easy healthy meals along with some great healthy eating tips. The healthy meal ideas come from all the healthy cooking recipes you will find here that help to match to your blood type and help to heal inflammation issues. You can create a menu of a healthy diet enough to last for a couple of weeks without repeating a recipe. The first section of the Healthy Cooking book covers the Blood Type Diet plan with these chapters: How the Blood Type Affects Diet, What the Opposition Says About Blood Type Diets, Blood Types, Blood Type O Diet, Blood Type A Diet, Blood Type B Diet, Blood Type AB Diet, Blood Type Recipes, Blood Type O Recipes, Blood Type A Recipes, Blood Type B Recipes, and Blood Type AB Recipes. The second section of the Healthy Cooking book covers the Anti Inflammatory Diet plan with these chapters: Inflammation Problems, The Anti Inflammation Diet, Tips for Cooking and Eating Right Wehn on the Anti Inflammatory Diet, Are You Cooking Right, and Delicious Anti Inflammatory Recipes. A sampling of the included recipes are: Grilled Chicken Cranberry Spinach Salad, Nutty Baked Yellow Delicious Apples, Roasted Sweet Potatoes, Meatballs a la Turkey, Spicy Beets and Vegetables, Chicken and Bean Stew, Spinach Dip with Artichokes, Veggies and Goat's Cheese Dip, Baked Teriyaki Chicken, Black Bean Huevos Rancheros, Delicious Cucumber Salad, Banana Nut Breakfast Cereal, Fruit Salad, Lime and Cilantro Tofu, Tofu Scramble, Mixed Veggie Salad, Baked Garlic Salmon, Maple Flavored Salmon, and Chicken and Lentils.

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