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Low Cholesterol Meals: Grain Free Meals and Clean Eating for Low Cholesterol

Yajaira Tomaszewski, Mcnelly Chasidy

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Low Cholesterol Meals: Grain Free Meals and Clean Eating for Low Cholesterol The Low Cholesterol Meals book covers two diet plans the clean eating diet and the grain free diet. Each of these diets works very well to bring cholesterol levels down to normal, lowering the bad cholesterol while raising the good cholesterol. High cholesterol puts a person at risk for having clogged arteries, which can cause high blood pressure, cardio vascular disorders, and strokes. These things are treatable by lowering the cholesterol levels through diet. When high cholesterol is diagnosed, the first line of action prescribed by most physicians is to diet and exercise. The first section covers the clean eating diet with these categories: The Clean Diet, Benefits of Clean Eating, Alternative Food Types, Tips for Eating Clean and Healthy, 5 Day Sample Planner for Day to Day Meals, Breakfast Recipes, Quick and Easy Lunches, Main Meal Recipes, Side Dishes, Desserts, Snacks, and Beverages. A sampling of the included recipes are: Caribbean Cooler, Fruit Nutty Trail Mix, Perfect Strawberry Parfait, Green Bean Casserole Supreme, No Problem Grilled Jerk Chicken, Greens and Berries Super Salad, Healthy Granola Breakfast Cereal, Savory Scallops with Zesty Spinach, Spring Pea Cheddar Salad, Apple Cinnamon Chips, and Peanut Butter Cookies - Hold the Flour. The second section covers the grain free diet 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 included recipes are: Baked Salmon, Stuffing, Sandwich Bread, Raisin Spice Nut Cake, Apple Sausage, Oven Omelet, Cajun Fries, Corn Bread, Savory Black Bean Salad, Meaty Red Beans and Rice, Beef Stew, California Black Beans, Banana Bread, Ginger Cookies, Breakfast Burrito, Sweet Potato Breakfast Casserole, Curry Pumpkin Seeds, and Herbed Parmesan Bread.

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