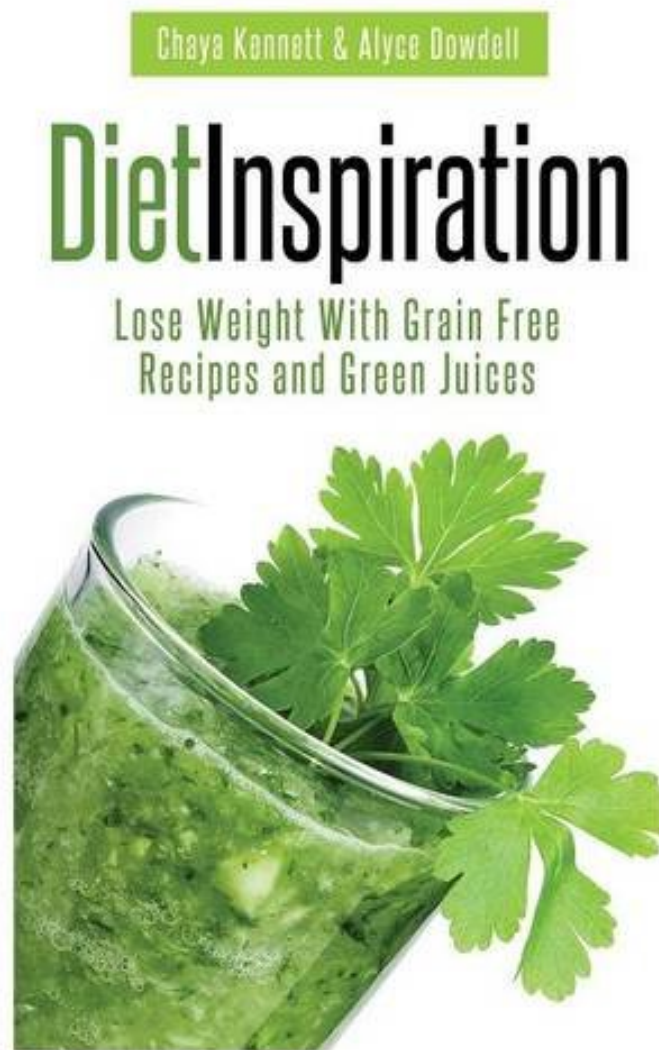


Diet Inspiration: Lose Weight with Grain Free Recipes and Green Juices

Chaya Kennett, Dowdell Alyce

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Chaya Kennett, Dowdell Alyce : Diet Inspiration: Lose Weight with Grain Free Recipes and Green Juices before purchasing it in order to gage whether or not it would be worth my time, and all praised Diet Inspiration: Lose Weight with Grain Free Recipes and Green Juices:

1 of 1 people found the following review helpful. Lose weight Grain freeBy MayaWe all know that being overweight can cause many health problems like high blood pressure, high cholesterol,heart problems, bone and joint problems as

well as diabetes. Actually, most of these can be improved or even cured by simply losing weight. The book includes some tips on keeping a healthy lifestyle so the weight is not regained. It gives tips on stopping a lot of unhealthy habits like too much caffeine, tobacco, alcohol and other things. Junk food is an addiction as much as the other things mentioned before. Wheat turns into sugar really fast and that causes weight gain and problems with blood sugar. A lot of people also have allergies to wheat and/or gluten which can be very bad. Gluten intolerance is very serious and many people turn to a grain free diet because of all the symptoms that make them sick. The book discusses all of this and more and there is a 5 day meal plan to help get started on this way of eating. Many recipes are included and are easy to understand and to prepare. There is a great variety of recipes so there is something for everyone. There are some typos and grammar issues but not enough to take away from the content which is fairly good. The green juice diet is a temporary diet that works to detoxify the body and keep it cleansed. The juices are made from fruits and vegetables and have a high amount of nutrition in them because they are raw. Lots of antioxidants to prevent disease. The book offers tips on doing this diet like drinking lots of water and lists the many benefits such as cleansing the liver, and improving the immune system. There is also a 7 day meal plan to get you started on the diet. There are recipes which appear healthy and require little preparation. Overall a good book with not much new information but some good recipes. I received this book free in exchange for my honest review.

0 of 0 people found the following review helpful. These 2 topics have nothing to do with each other. If you can get it for free go for it, if you have to pay, eh. By Crazylabrat Diet Inspiration: Lose Weight With Grain Free Recipes and Green Juices Kindle Edition by Chaya Kennett (Author), Dowdell Alyce (Author) starts off stating the obvious, how smoking, drinking too much, taking recreational drugs, eating junk food, and not exercising are all bad for you. Thanks for those little already well-known facts. The book plays off the fears of gluten and grains, and touts low/no carb eating. This section of the book has grain free breakfast recipes (3 to be exact), Grain free snacks, appetizers desserts (8 recipes), Grain free breads (probably the only part of the book worth reading; 4 recipes), Grain free side dishes (7 recipes), and GF main dishes (15 recipes). It ends with a 5 day meal plan that lists foods that they don't provide recipes for! For example, Banana Date Cookies and Sweet Potato Breakfast casserole sound phenomenal, but there is no recipe for either of these in the book. Why list it then? I still haven't figured out why the e-book industry is lumping 2 unrelated recipe books, diet regimes, ways to eat, in one book?! This is my 6th or 7th e-book that has 2 different philosophies in one. They are not interchangeable, then why have them together? Idiocracy I tell you, idiocracy.

Part 2, the green juice diet must be the real deal, cuz they mention Dr. Oz. Oh please. It has 35 green juice recipes. I see a lot of cucumber and kale, good thing I like both. They also give a 7 day juicing menu, and list the recipe # to use for that day. That is helpful, but they don't give you a shopping list, that is not helpful. Heres the skinny, if you can get this book for free, have at it. If you have to pay for it, don't bother, unless you want it for 4 grain free bread recipes, and a juicing diet.

0 of 0 people found the following review helpful. I have always loved learning about healthy eating and am always fascinated at ... By Patience2016 I have always loved learning about healthy eating and am always fascinated at how people from all over the world enjoy different kinds of foods. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimers disease, and schizophrenia, or in the increased risk of suicide in young people. Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. Try to eat a rainbow of fruits and vegetables every day as deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants. Add berries to breakfast cereals, eat fruit for dessert, and snack on vegetables such as carrots, snow peas, or cherry tomatoes instead of processed snack foods. If you have never heard of the Mediterranean diet, it probably is time you Google it and learn because you will love it. Mediterranean diet incorporates the basics of healthy eating. Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats. While these parts of a healthy diet are tried-and-true, subtle variations or differences in proportions of certain foods may make a difference in your risk of heart disease. Benefits of the Mediterranean diet I read an article online that stated that, "Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol—the "bad" cholesterol that's more likely to build up deposits in your arteries. In fact, a meta-analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of cardiovascular mortality as well as overall mortality." Armed with this information, it seems like an awesome way of eating for all age groups and a healthy way of daily eating instead of going on diets. An article I found online gave the information below as a guide for Mediterranean diet. I hope you find it helpful.

- Eat your veggies and fruits—and switch to whole grains. An abundance and variety of plant foods should make up the majority of your meals. Strive for seven to 10 servings a day of veggies and fruits. Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.
- Go nuts. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try tahini (blended sesame seeds) as a dip or

spread for bread.bull; Pass on the butter. Try olive or canola oil as a healthy replacement for butter or margarine. Use it in cooking. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Or try tahini as a dip or spread.bull; Spice it up. Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.bull; Go fish. Eat fish once or twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and requires little cleanup. Avoid fried fish, unless it's sauteed in a small amount of canola oil.bull; Rein in the red meat. Substitute fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat meats.bull; Choose low-fat dairy. Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.bull; Raise a glass to healthy eating. If it's OK with your doctor, have a glass of wine at dinner. If you don't drink alcohol, you don't need to start. Drinking purple grape juice may be an alternative to wine.I received this book for free in place of an honest review.

Diet Inspiration: Lose Weight With Grain Free Recipes and Green Juices The Diet Inspiration book contains two distinctive diet plans the grain free diet and the green juice diet. Each diet can be eaten individually, or you can combine the two. By combining the two you will have a wider choice of recipes and can plan the menu for weeks in advance. Dieting is hard to do if you do not have a well laid out plan. This book enables you to plan ahead, to make a grocery list, and to help stay on the diet. If you are wanting to lose weight, you can do so with a wide variety of choices and find just the recipes you will enjoy.

About the AuthorCo author of "Diet Inspiration: Lose Weight With Grain Free Recipes and Green Juices".