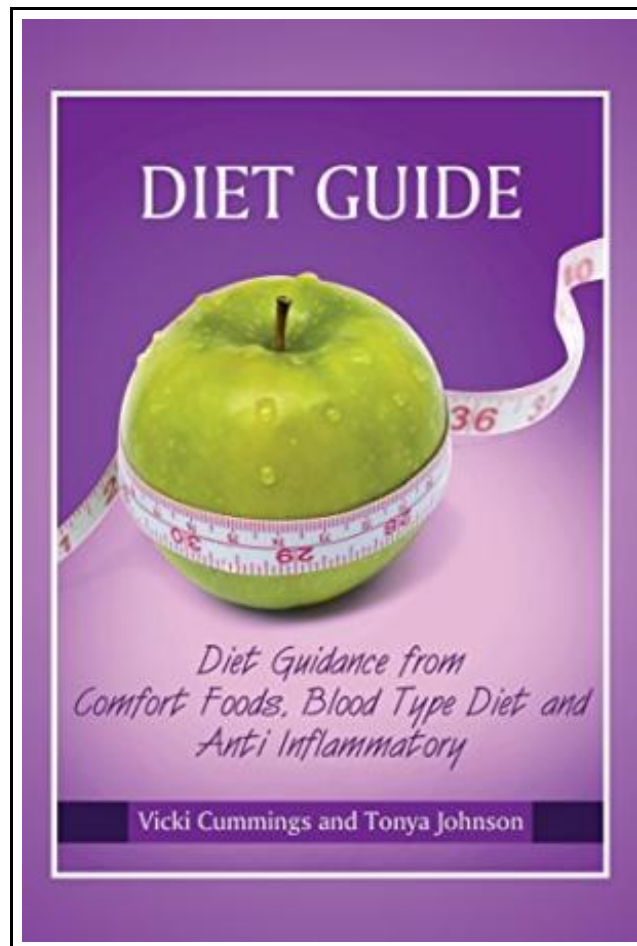


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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Diet Guide is a guide to three different diet plans the comfort food diet plan, the anti inflammation diet, and the blood type diet. The guide will help by listing diet recipes including anti inflammatory diet foods and comfort food ideas as well as recipes for blood types. The Diet Guide features these sections: comfort Food Diet, Comfort Food What Is It, Comfort Food Breakfast Recipes, Comfort Food Lunches, Comfort Food Dinners, Comfort Food Dinners, Comfort Food Desserts, Your Comfort Food Meal Plan, Eating with Comfort in Mind, Comfort Food A summary, Blood Type 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, Blood Type AB Recipes, Anti Inflammatory Diet, the Anti Inflammation Diet, Tips for Cooking and Eating Right When 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, Quinoa and black Beans, Nutty Baked Yellow Delicious Apples, Veggies and Goat s Cheese Dip, Italian Chicken Breasts, Cheese Ball with Herbs, Simple Ham and Chicken Casserole, All American Diner Cheeseburger, Texas Style French Toast, All American Macaroni and Cheese, Easy Pork or Lamb Chops, Stick to Your Ribs Shepherd s Pie, Simple Angel Food Cake, Chicken and Bean Stew, Salmon with Eggplant, Spicy Beets and Vegetables, Steak and Mushrooms, Savory Chicken and Wild Rice, Black Bean Huevos Rancheros, Lime and Cilantro Tofu, and Fruit Salad.



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