

The Recipes Healthy Book covers the anti inflammatory diet, blood type diet, and the DASH diet. You will find healthy recipes calling for healthy foods for all three of the diet plans. You can use the DASH diet recipes along with the anti inflammatory recipes and blood type diet recipes together. You will find the recipes are very related when you look at the anti inflammatory foods and the DASH diet menu making it easy to choose from a diverse selection of recipes for your menu planning. The Recipes Healthy book features these sections: 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, Delicious Anti Inflammatory Recipes, DASH Diet, What Is the DASH Diet, DASH Study Daily Nutrient Goals, DASH Diet Guidelines, Exercise and the DASH Diet, Recipes for the DASH Diet, and DASH Diet 5-Day Sample Menu. A sampling of the included recipes are: Cream of Wild Rice Soup with Fennel, Spicy steamed Eggplant with Peanut Sauce, Spicy Sweet and Tangy Herbal Tea, Grilled Chicken Cranberry Spinach Salad, Savory Chicken and Wild Rice, Meatballs a la Turkey, Spinach Dip with Artichokes, Delicious Cucumber Salad, Banana Nut Breakfast Cereal, Black Bean Huevos Rancheros, Broiled Almond Banana Toast, Basic Barbeque Pork Chops, Chinese Restaurant Ginger Beef, and Crispy Coconut Chicken Fingers.

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