



# Diet Ebooks: Grain Free Recipes and Quinoa Goodness

*Helen Allen, Lewis Beverly*

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## **Diet Ebooks: Grain Free Recipes and Quinoa Goodness** Helen Allen, Lewis Beverly

Diet Ebooks: Grain Free Recipes and Quinoa Goodness Could wheat be the culprit destroying your dieting success? For many people, wheat and other heavily engineered grains cause irritation and inflammation in the system. This can cause a huge range of health problems. It's also been shown to increase appetite and encourage weight gain. In fact, there's a good chance that eating wheat has spoiled your diet before. The two diet ebooks included in this volume are intended to stop this problem in its tracks. They tell you how to avoid wheat and other potentially weight loss-destroying grains. These diet cookbooks include lots of recipes that will help you get processed flour and other industrialized wheat and grain products out of your diet. You'll also find out how to replace these problem foods with nutritionally-balanced alternatives. These dieting books are packed full of recipes designed to help you succeed. Diet and weight loss don't have to be an impenetrable mystery. Dieting doesn't have to feel like a punishment. When you have delicious foods like grilled tuna steaks with quinoa and Roman bread, you won't miss all the processed and manufactured products in your old diet. These addictive foods just encourage you to keep on putting on weight. Every day it seems like the world is full of forces trying to make it hard to lose weight and get control over your health. There's wheat in every product on the store shelf. Most of them also contain genetically engineered corn and its byproducts. You don't have to eat what these big food companies have to sell, however. You can decide not to be dependent on these grains. Choose a healthier, more nutritionally balanced option with the recipes in this great cooking ebook. You won't be sorry that you took the time to prioritize your health.

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