



Healthy Diet Recipes: Blood Type Recipes and Comfort Foods

Susan Ramirez, Wilson Kathleen

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Healthy Diet Recipes: Blood Type Recipes and Comfort Foods Healthy weight loss can be an incredibly difficult thing to achieve, no matter how hard you try. Millions of people are trying to correct their weight and choose healthy eating, but they're being sabotaged by the very healthy diet recipes that are supposed to assist them. Choosing the wrong foods for your unique metabolism, blood type and body makeup could spell disaster, weight gain, and a host of unpleasant health problems. Many doctors use a "one size fits all" method of healthy eating that can actually hurt more people than it helps. While it's true that most of us consume a diet that can't possibly be considered healthy, automatically limiting grains, cutting out fat, or removing sugars isn't the right choice for everyone. While these types of diets can be a big help for specific individuals, they're actually capable of making you gain more weight if they're wrong for you. This book provides real information on healthy nutrition and picking a good diet for you. It also does more than provide recipes for healthy meals; it offers healthy recipes that also taste great! That removes the risk that many people experience, in which they stop using a healthy diet because it simply doesn't make them happy. Instead of subsisting on flavorless foods that keep you from fully experiencing life, you'll get to enjoy all kinds of favorite comfort recipes. There are healthy options for every type, including beef with gravy, homemade potato chips, coffee cakes, curry chicken and many more. The key is simply to select the right food for your individual body. This simple but healthy change can help you experience food in completely new ways. If you're ready to stop wasting your time with diets that don't work, check out these healthy recipes. They're ready to make your table a lot more interesting.

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