



Meals Ready To Eat: Healthy Meals to Detox Your Body with Blood Type Recipes

Cassandra Lawhon, Brumfield Zenobia

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Meals Ready To Eat: Healthy Meals to Detox Your Body with Blood Type Recipes Meals Ready to Eat focuses on two different diet plans, the blood type diets and the detox diet. Each of these diet plans helps to bring about a lifestyle change to eating better, healthier meals. It may be of benefit to first eat from the detox diet and rid the body of all the toxins and impurities picked up from eating too much junk food, and then moving on to the diet just for your blood type. The recipes are easy to follow and prepare, giving you options for planning a menu for a couple of weeks. The first section covers the blood type diet plans. This section goes over each of the blood types offering explanations and recipes for blood type O, blood type A, blood type B, and blood type AB. Here is a sampling of some of the recipes included: Risotto Tomato Rice, Turkey Burgers, Zucchini Bread, Nutty Baked Yellow Delicious Apples, Tortilla Cracker Chips, Green Beets, Fried Chicken Steak, Loaf of Bread, CranNut Cake, Potato Chips, Rice Stuffing, Salmon with Eggplant, Sardine Salad Spread, Ginger Spice Cookies, Spinach Dip with Artichokes, Potato Salad, and Chicken and Bean Stew. The second section covers the detox diet under these categories: What Is the Detox Diet, Benefits of Detoxifying, Helpful Tips for Detox Diet Success, Detox Diet Breakfast Recipes, Detox Diet Soup and Salad Recipes, Side Dish Detox Recipes, Main Dish Detox Diet Recipes, Detox Drink and Detox Smoothie Recipes, Detox Diet Snack and Appetizer Recipes, Detox Diet Dessert Recipes, and the Detox Diet 7 Day Meal Plan. Here is a sample of some of the recipes included: Poached Honeyed Pears Recipe, Coconut Chocolate Homemade Energy Bars, Easy Orange Yogurt Smoothie Recipe, Easy Orange Yogurt Smoothie Recipe, and Easy Mint Salsa Recipe.

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