



Heart Healthy Meals: Nutritional Benefits of Super Foods or a Gluten Free Diet

Jennifer Sather

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Heart Healthy Meals: Nutritional Benefits of Super Foods and How to Prepare for Every Day Living Take an entree of Sweet Coconut Crusted Salmon, serve with a cheese creamy Cauliflower and Broccoli Salad, and top it off with Dark Chocolate Truffles. If this doesn't sound like a normal heart healthy meal, get ready for more of the same. This creative book of heart healthy meal recipes is designed with the skeptic in mind. Times have changed since low fat diets meant eating meals that were as bland as cardboard, and just about as aromatic. It is time to recondition your mind and discover a new twist in healthy meal ideas and healthy foods to eat. Not only will you find many of the super foods that you have heard so much about, but also, some interesting facts behind them. Healthy tasty recipes, including them all, can get you started on your own creative venture in making your own version of quick and luscious meals. Healthy breakfast meals, filling, tangy lunch treats and sinfully tasty dinners are the new norm for eating healthy. A rainbow of colors, textures and flavors are going to forget about the horror stories of dieting and provide you with much more than mashed potatoes. Amazing super foods that are jam packed with vitamins A, B, C, K, E, iron, and Omega-fatty acids are here to make your menus heart healthy, delicious and provide many benefits. Find old reliable foods, such as apples, blueberries and oats, but also find a new variety of vegetables that have been hidden, but equally robust and healthy. Gluten-free recipes round out the variety and show you a brand new way to stay healthy, while enjoying the trip to a better body, ease of weight loss, lower blood pressure, and plenty of zip.

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