



# Quick Healthy Cooking Recipes: The Grain Free Way with Delicious Green Smoothies

*Kenyatta Mcdonalds, Armour Arnette*

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Quick Healthy Cooking Recipes: The Grain Free Way with Delicious Green Smoothies The Quick Healthy Cooking Recipes book covers two diet plans the Grain Free Diet and the Green Smoothie Diet. Both of these diets offer quick healthy meals through quick healthy recipes that will work together to give you nutritious choices in your menu. You will find both healthy cooking recipes with the super fast green smoothie recipes to help you come up with healthy meal ideas for today's fast-paced lifestyle. These healthy food recipes offer you a variety of flavors and textures to satisfy the entire family. Start now by preparing the easy food recipes for your meal plan. The first section of the Quick Healthy Cooking Recipes book covers the Grain Free Diet with these chapters: Grain Free Cookbook, Grain Free Breakfast Recipes, Grain free Snacks, Appetizers, and Desserts, Grain Free Breads, Grain Free Side Dish Recipes, Grain Free Main Dish Recipes, and a 5 Day Meal Plan. The second section of the Quick Healthy Cooking Recipes book covers the Green Smoothie Diet with these chapters: Green Smoothie Diet, Weight Loss with the Green smoothie Diet, Last Minute Advice, Green Smoothie Diet Recipes, Greens Choice Smoothies, and a 5 Day Sample Menu. A sampling of the included delicious recipes are: Cranberry Blueberry Smoothie, Mango Pineapple Coconut Smoothie, Nectarine Smoothie, Cranberry Melon Berry Smoothie, Very Berry Smoothie, Pear Smoothie, Green Apple Smoothie, Dutch Oven Chili, Baked Salmon, Parmesan Mushrooms Quinoa, Kale Mango Salad, Broccoli Quinoa Casserole, Zucchini Bread, Sandwich Bread, Banana Bread, Irish Soda Bread, Tortilla Chips, Peanut Butter cookies, Coffee Cake, Vanilla Yogurt with Fruit Salad, Oatmeal Chocolate Chip Raisin Cookies, Mushroom Broccoli Tofu Quinoa, and Meaty Red Beans and Rice.

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