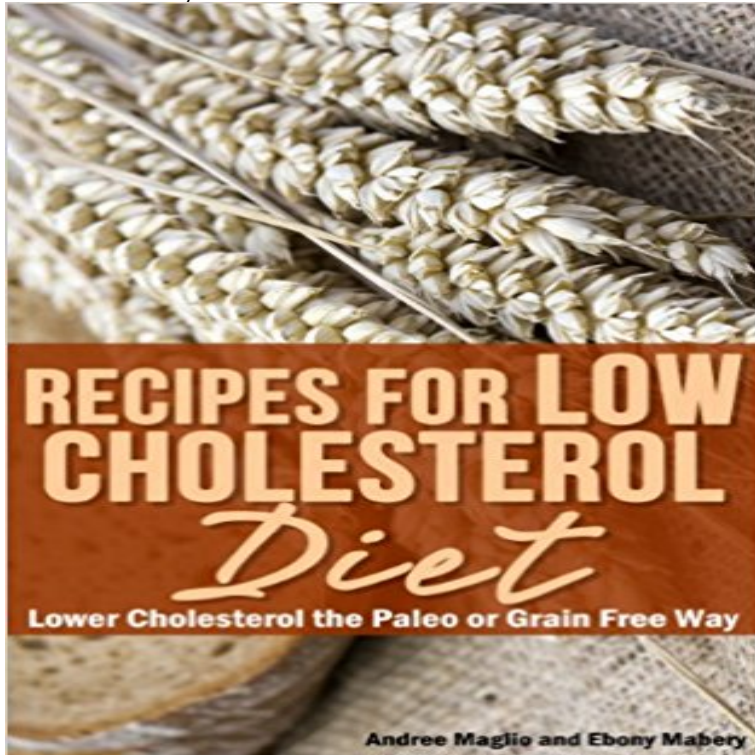


## Recipes for Low Cholesterol Diet: Lower Cholesterol the Paleo or Grain Free Way



Recipes for Low Cholesterol Diet: Lower Cholesterol the Paleo or Grain Free Way  
This Recipes for Low Cholesterol book covers two distinctive diet plans, the Paleo Diet and the Grain Free Diet. Both of these are a low fat low cholesterol diet that features primarily low cholesterol diet foods. By being on a low fat cholesterol diet featuring healthy meal ideas by using ingredients with cholesterol lowering foods list the cholesterol levels may normalize with diet. A low fat diet may help to bring the cholesterol levels down if they are high. You will find healthy meal options with recipes for quick healthy meals. There are enough healthy meal recipes to plan a menu for weeks in advance. The Paleo Cookbook section covers these categories: Entrees, Side Dishes, Soups, and Snacks, Breakfast, and Desserts. Here is a sampling of the recipes: Paleo Style Coconut Cream Pie, Eggs with Kale, Streamed Baby Carrots with Dill and Honey, Roasted Turkey with Balsamic Glaze and Apples, Salmon with Cherry Tomatoes and Roasted Asparagus, Baked Salmon with Pecans and Rosemary, Chicken Soup with Sweet Potatoes and Swiss Chard, Roasted Cauliflower with Tahini Dressing, Tomato and Zucchini with Curry Sauce, Leek and Sweet Potato Soup, Butternut Squash with Thyme, Eggplant and Mushroom Curry, and Easy Collard Greens. The second section covers the grain free diet, the categories include: Tasty Grain Free Recipes and Your Grain Free Meal Plan. A sampling of the recipes include Grain Free Pizza, Grain Free Mac and Cheese, Grain Free Breakfast Bars, Gluten Free Breakfast Biscuits, Carrot Muffins, Grain Free Ideal Breakfast, Gluten Free Chicken Noodle Soup, All Purpose Gluten and Grain Free Nut Bread, Stuffed Bell Peppers, Asian Sesame Noodles, Rice Stuffing, Apple Cobbler, Curried Quinoa, Buckwheat Pancakes, Gluten and Sugar Free Gingerbread Cake, Grain Free Breaded

Chicken, Sesame Seed Chicken Fried Steak, Gluten Free Waffles, and Grain Free Cornbread.

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