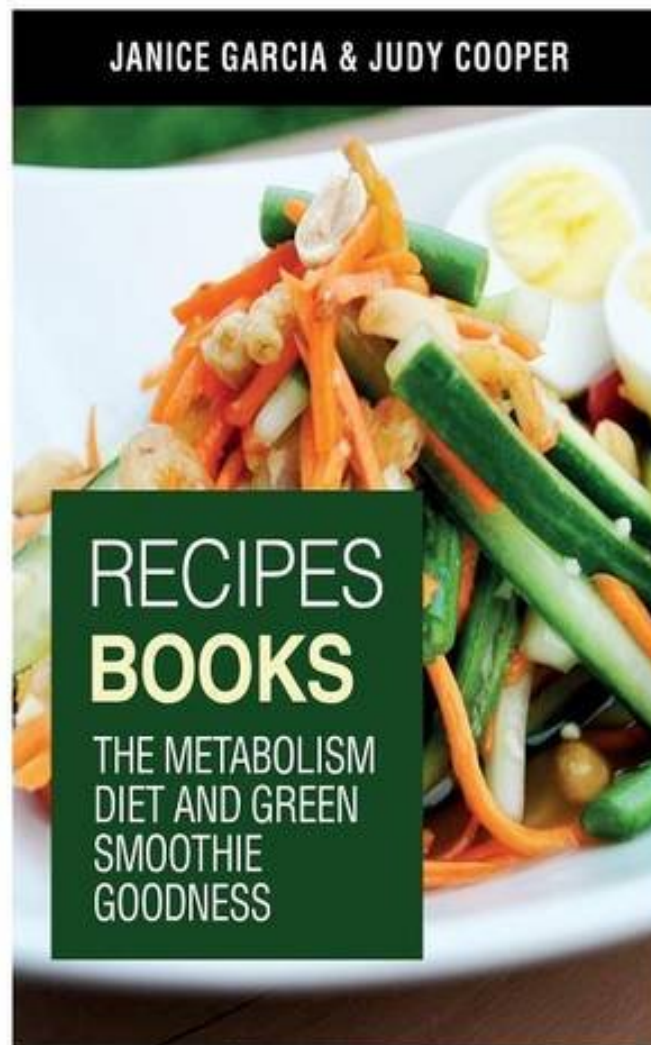


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Janice Garcia, Cooper Judy : Recipes Books: The Metabolism Diet and Green Smoothie Goodness before purchasing it in order to gage whether or not it would be worth my time, and all praised Recipes Books: The Metabolism Diet and Green Smoothie Goodness:

0 of 0 people found the following review helpful. The Metabolism and Green Smoothie dietsBy Burns WellThis book covers two diet plans... the Metabolism diet and the Green Smoothie Diet. The benefits and guidelines of each diet plan is discussed, followed by a wide variety of delicious and healthy recipes. The Metabolism diet recipes cover

everything from breakfast to dinner to dessert, and the Green Smoothie diet recipes, while more restrictive, are guaranteed to provide you with some delicious meals. The first section discusses the metabolism diet. The metabolism diet is for people who lack energy and have sluggish digestive systems as a result. This diet is similar to a low-carb diet, with carbs being limited to a certain amount per meal. The metabolism diet is supposed to help your body process energy more efficiently, resulting in weight loss. This diet includes a lot of food that are supposed to boost metabolism, and prohibits foods like sugar that slow the body down, increase the size of fat cells, and make the pancreas work harder. This book actually includes some foods that are prohibited in the original metabolism diet, such as grapefruit, which has been shown to increase metabolism and curb the appetite. Section two covers the Green Smoothie diet, which is similar to the Smoothie diet, but with an emphasis on vegetables. The smoothie diet is about eating large amounts of fresh fruit and vegetables, because pureeing them makes it possible to drink them quickly, rather than doing a lot of chewing. Fresh fruits and vegetables contain all kinds of important nutrients, including vitamins, minerals, and cancer-fighting phytochemicals. It's a well-known fact that fruits and vegetables are the healthiest thing you can eat. And they don't have a lot of calories either. Drinking smoothies allows you to consume large amounts of healthy food, and feel full without all the calories. This is a great diet for losing weight and maintaining health. I received this book at a discount in exchange for my honest and unbiased review.

0 of 0 people found the following review helpful. The Metabolism The Green Smoothie Diet Book! By CLPBOh my goodness! I really, really like this cookbook. I love raw food and I've been dairy-free for a while but I really need recipes that will actually boost (please send a flare gun) my dormant, hibernating, menopausal metabolism. Also, I really need to get a handle on my high blood pressure. So, that is why I accepted an offer to purchase this cookbook at a discounted price and give an honest, unbiased review. This cookbook showcases the benefits of two awesome diet plans: The Metabolism Diet and The Green Smoothie Diet. The introduction of this book gives a wealth of information on the benefits of cleansing your colon with green smoothies and how boosting your metabolism will boost your energy and help you be successful with an exercise or sports plan. The authors emphasize how important it is for everyone to be successful and stick with the plan so for some that means easing into it slowly and for others it means jumping into it quickly and completely. There is an 'allowable' and an 'avoid' food list for the metabolism plan and a sample five day menu plan. The recipes in this plan sound pretty good: various bread recipes, buffalo wings, stuffed mushrooms, guacamole, collard green with turkey, Italian meatballs, parmesan tilapia, grilled shrimp and roasted chicken are some of the almost fifty-five recipes given for the metabolism plan. The second section of this book focuses on the green smoothie plan. A 'green' smoothie as opposed to a regular smoothie, contains at least one vegetable (I always thought it would contain vegetables to be considered a green smoothie). The book states that the vegetable will be blended in its raw state in order to provide the most nutritive value to the dieter drinking it. The truth is vegetables eaten as whole, raw foods (not cooked) offer the best in nutrients and fiber. The ginger, avocado, apple, carrot, kale smoothie and the tropical green kiwi smoothie are two of my favorites, but honestly, all of the smoothies are fantastic combinations. There are approximately twenty-seven smoothie recipes given in this section. There are enough recipes in this book to offer you four weeks of a new lifestyle without repeating the same recipe. I hope this review was helpful to you. Enjoy!

0 of 0 people found the following review helpful. Healthy Eating By Patience2016 I have always loved learning about healthy eating and am always fascinated at how people from all over the world enjoy different kinds of foods. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia, or in the increased risk of suicide in young people. Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. Try to eat a rainbow of fruits and vegetables every day as deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants. Add berries to breakfast cereals, eat fruit for dessert, and snack on vegetables such as carrots, snow peas, or cherry tomatoes instead of processed snack foods. If you have never heard of the Mediterranean diet, it probably is time you Google it and learn because you will love it. Mediterranean diet incorporates the basics of healthy eating. Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats. While these parts of a healthy diet are tried-and-true, subtle variations or differences in proportions of certain foods may make a difference in your risk of heart disease. Benefits of the Mediterranean diet I read an article online that stated that, "Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol—the "bad" cholesterol that's more likely to build up deposits in your arteries. In fact, a meta-analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of cardiovascular mortality as well as overall mortality." Armed with this information, it seems like an awesome way of eating for all age groups and a healthy way of daily eating instead of going on diets. An article I found online gave the information below as a guide for Mediterranean diet. I hope you find it helpful. • Eat your veggies and fruits—and switch to whole grains. An abundance and variety of plant foods

should make up the majority of your meals. Strive for seven to 10 servings a day of veggies and fruits. Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.**•** Go nuts. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try tahini (blended sesame seeds) as a dip or spread for bread.**•** Pass on the butter. Try olive or canola oil as a healthy replacement for butter or margarine. Use it in cooking. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Or try tahini as a dip or spread.**•** Spice it up. Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.**•** Go fish. Eat fish once or twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and requires little cleanup. Avoid fried fish, unless it's sauteed in a small amount of canola oil.**•** Rein in the red meat. Substitute fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat meats.**•** Choose low-fat dairy. Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.**•** Raise a glass to healthy eating. If it's OK with your doctor, have a glass of wine at dinner. If you don't drink alcohol, you don't need to start. Drinking purple grape juice may be an alternative to wine.I received this book for free in place of an honest review.

Recipes Books: The Metabolism Diet and Green Smoothie Goodness The Recipes Book is about two different diet plans, the Metabolism Diet and the Green Smoothie Diet. Each diet plan offers recipes that are healthy and help to bring about a change in dieting lifestyle for the better. Each diet targets different issues to help the body become healthier. The metabolism diet helps to boost the metabolism, which in turn helps us to have more energy. The green smoothie diet helps us to cleanse the body of impurities and fill us with healthy vitamins and minerals. It is a perfect prelude to any diet plan. The first section covers the metabolism diet with these categories: Metabolism Diet, Sample 5 Day Menu Plan, Metabolism Diet Recipes with Breakfast Recipes, Bread Recipes, Snacks, Desserts and Appetizers Recipes, Side Dish Recipes, and Main Dish Recipes. A sampling of the included recipes are: Garlic Parmesan Chicken, Parmesan Tilapia, Seasoned Quinoa, Egg Drop Soup, Cucumber Salad, Buffalo Wings, Grain Free Bread, Italian Spinach Bread, Scromlete, Mushroom Frittata with Asparagus, Baked Omelet, Breakfast Casserole, Flat Bread with Flax, Cheese Zucchini Bread, Jalapeno Poppers, Sugar Free Cherry Cookies, Broccoli and Cheese Casserole, Cheesy Spinach Casserole, and Parmesan Chicken. The second section covers the green smoothie diet complete with a 5 Day Sample Menu. A sampling of the included recipes are Coconut cream Banana Smoothie, Chocolate Raspberry Smoothie, Spicy Mango Strawberry Smoothie, Raspberry Tofu Smoothie, Refreshingly Fruity Smoothie, Nectarine Smoothie, Spicy Pear Smoothie, Chocolate Almond Strawberry Banana Smoothie, Apple, Pineapple, Banana Smoothie, Strawberry Lemon Orange Smoothie, Kiwi Berry Smoothie, Banana Mango Smoothie, Peachy Strawberry Smoothie, Pineapple Strawberry Smoothie, Another Kale Banana Smoothie, Green Tropical Smoothie, Ginger Mango Smoothie, Purple Smoothie, Chocolate Cherry Smoothie, Just Strawberry Smoothie, PBJ Smoothie, Raspberry Smoothie, Spicy Vegetable Cocktail Smoothie, and Tropical Green Kiwi Smoothie.

About the AuthorCo author of: "Recipes Books: The Metabolism Diet and Green Smoothie Goodness".