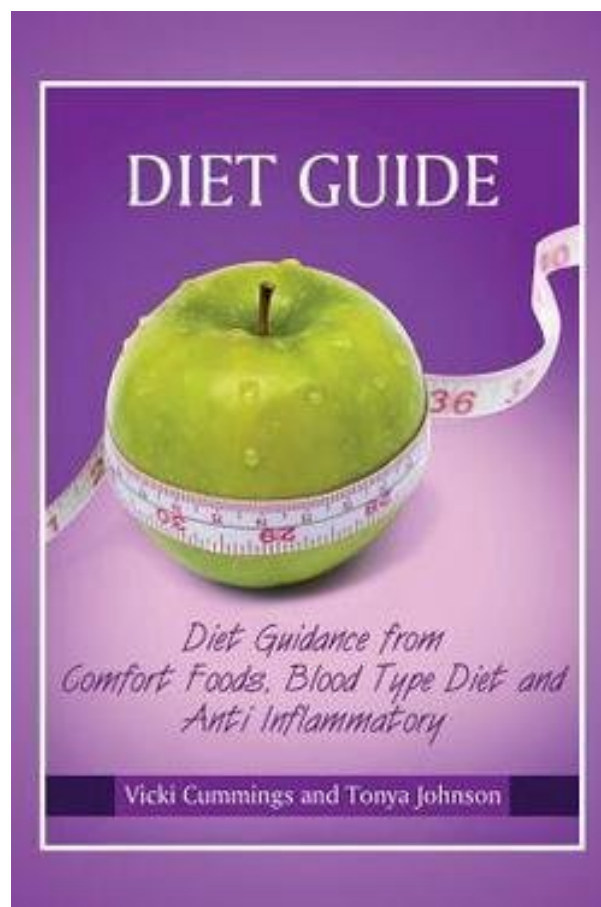
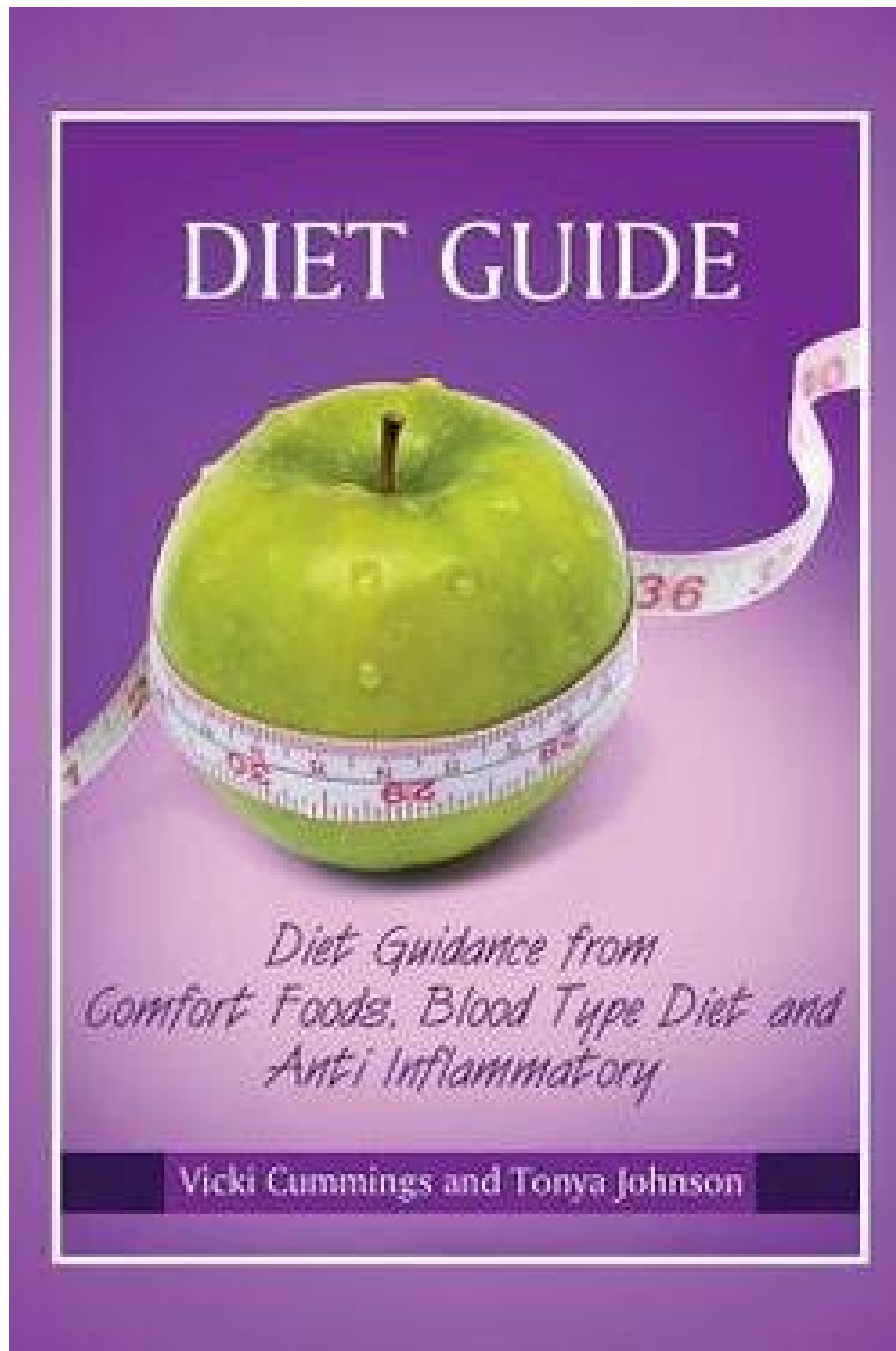


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I love diet recipe books

By Silverdog

I love diet recipe books. I can never have too many of them. This one offers an array of delicious recipes. Some look easier than others but they all look mouth watering! I can't wait to try a few of these.

Disclaimer - I received this ebook for free in exchange for my honest, unbiased, and fair review. In no way has this influenced my review. I rely on reviews just as much as you do and detest fake five star reviews. I very much appreciate Amazon reviewers who take the time to provide their honest and unbiased reviews and, for that, I am extremely grateful to them.

When I need or would like particular products, I take the time to research those products as I do quite a lot of online shopping. I also take the time to test every product, whether received for free, at a discount, or for full sale price, to find out if the item holds true to its claim.

If you found my review to be helpful in any way, then I trust that I have provided the necessary details to make your buying decision an informative and positive one.

Should you have any questions, please feel free to ask away and hopefully I can provide an answer. Thank you for taking the time to read my review; it is very much appreciated.

1 of 1 people found the following review helpful.

Good read

By Amazon Customer

I purchased this book in hopes of finding some good recipes for a lifestyle change in my diet. I found this book to be very helpful and the recipes are great! I had inflammation in my feet and ankles. The anti-inflammatory diet has helped the inflammation tremendously. I have tried several of the recipes and have loved them all so far. This book has a lot of good tips and advice for eating right. All and all I think it's a good, helpful book.

Product information:

The Diet Guide is a guide to three different diet plans: the comfort food diet plan, the anti-inflammation diet,

and the blood type diet. The guide will help by listing diet recipes including anti inflammatory diet foods and comfort food ideas as well as recipes for blood types. The Diet Guide features these sections: comfort Food Diet, Comfort Food What Is It, Comfort Food Breakfast Recipes, Comfort Food Lunches, Comfort Food Dinners, Comfort Food Dinners, Comfort Food Desserts, Your Comfort Food Meal Plan, Eating with Comfort in Mind, Comfort Food A summary, Blood Type Diet, What the Opposition Says About Blood Type Diets, Blood Types, Blood Type O Diet, Blood Type A Diet, Blood Type B Diet, Blood Type AB Diet, Blood Type Recipes, Blood Type O Recipes, Blood Type A Recipes, Blood Type B Recipes, Blood Type AB Recipes, Anti Inflammatory Diet, the Anti Inflammation Diet, Tips for Cooking and Eating Right When on the Anti Inflammatory Diet, Are You Cooking Right, and Delicious Anti Inflammatory Recipes. A sampling of the included recipes are: Grilled Chicken Cranberry Spinach Salad, Quinoa and black Beans, Nutty Baked Yellow Delicious Apples, Veggies and Goat's Cheese Dip, Italian Chicken Breasts, Cheese Ball with Herbs, Simple Ham and Chicken Casserole, All American Diner Cheeseburger, Texas Style French Toast, All American Macaroni and Cheese, Easy Pork or Lamb Chops, Stick to Your Ribs Shepherd's Pie, Simple Angel Food Cake, Chicken and Bean Stew, Salmon with Eggplant, Spicy Beets and Vegetables, Steak and Mushrooms, Savory Chicken and Wild Rice, Black Bean Huevos Rancheros, Lime and Cilantro Tofu, and Fruit Salad.

I received this book at a discounted price for my honest, unbiased review of the product.

0 of 0 people found the following review helpful.

actually learned a lot

By Andrew

I just received the Diet Guide: Diet Guidance from Comfort Foods, Blood Type Diet and Anti Inflammatory book and I found this to be very insightful mostly regarding the significance of undermining comfort foods and unveiling blood type diets along with anti inflammatory foods. I found the section about blood type diets to be very intriguing because not everybody has the same blood type, so depending on yours also determines the type of diet you should try. This book provided recipes that range from breakfast to dinner in addition to soups and salads – they pretty much cover everything. I only tried one recipe thus far, I was pretty surprised at how well it came out. Overall, I feel this book is definitely worthwhile because in addition to learning about techniques to help maintain your body you also get pretty good recipes. Overall I would definitely recommend this book to anyone who is curious about blood type diets or anti inflammatory diets.

Full Disclosure: I received this product for free or a discount in exchange for my honest and unbiased review in order for product testing and analysis. I am under no obligation to provide a positive review and I receive no incentives or rewards in doing so. My intention is to focus on features and disadvantages that I would want to know about as a buyer, and not to promote this product in any way for the seller. My observations are purely my own genuine thoughts and are not in any way induced. Due to the fact, some may grant great reviews for free products or discounts, I on the other hand try to be completely honest and I try to write as much as I can about my own particular experiences with this product. I try to be as diligent as I can when trying to write insightful reviews such as this one and for every other item because I hope these reviews are helpful to other buyers. So, please hit the yes button if you think my review of this product helped you in any way and go ahead and comment if you have any questions. Thank you very much for reading.

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