



20/20 Meals: Top 45 Original Diet Recipes Includes Coconut Oil, Chili, Whole Foods, Nuts And Vegetables-Steer Clear Of Common Allergens

David Richards

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We all want the same thing: a delicious (and healthy!) inexpensive dinner. Whether you're looking to drop a few pounds or maintain a weight loss victory, we have all the recipes you need to succeed

If you have tried just about every diet out there but you still suffer from weight problems, then you have been using the wrong strategies all along. The 20/20 meals offers a simple yet highly effective diet strategy that you can actually apply for the rest of your life Experience a healthy and active lifestyle by taking the necessary steps to change your diet and habits. In this book, you will be acquainted with the 20/20 foods that you should always have in your home. You will also learn 45 delicious, filling, healthy, and low calorie recipes that make use of a variety of these 20/20 foods. Keep in mind that weight gain is always the result of eating the wrong kinds of food. With the 20/20 meals, you will no longer have to suffer from starvation and consequentially, food binges. Instead, you will be nourishing your body with nutrient-filled calories that will keep you full and get you to the healthy weight that is fit for your body.


Here Is A Preview Of What You'll Learn...

- Peanut Butter and Raisin Apple Slices
- Dijon Tofu Breakfast Sandwich
- Roasted Carrots and Broccoli with Hummus
- Raspberries and Peanut Butter Smoothie
- Pumpkin and Coconut Bisque
- Endive, Radicchio, and Arugula Salad with Garlic Dressing
- Turkey Salad with Apples and Dried Plums
- Braised Chicken with Black Beans and Kale
- Grilled Tuna Steak with Tomato-poached Veggies and Walnuts
- Chilled Green Goddess Soup
- Scallops on Spinach with Walnut Sauce
- Baked Black Bean Burgers
- Much, much more!

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Ruth Haddock:

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