

Alkaline Diet Cookbook

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Summary:

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THE ACID ALKALINE RECIPES - Alkaline Foods & Alkaline Diet A cookbook will show you over 50 recipes that will show you exactly how to eat and the alkaline recipes! The Alkaline Recipes are based upon 7:2:1 rule which we believed will help you to achieve alkaline yet nutritional diet - 70% Vegetables, 20% Fruits and 10 % Grains. The entire rule isnât about alkaline vs acid, but the types of food we eat. Essential Alkaline Diet Cookbook: 150 Alkaline Recipes to ... An Essential Overview of the Alkaline Diet, including a handy list of the alkaline or acidic values of nearly 200 foods ; Alkaline Diet recipes include: Almond-Quinoa Muffins, Quinoa and Avocado Salad, Vegetable Potpie, Championship Chili, Lovers' Lasagna. Taste the benefits of a pH balanced diet with The Essential Alkaline Diet Cookbook.

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