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Meals That Heal: Heal Your Body with Clean Eating Recipes and Intermittent Fasting

Charissa Wigger, Bolger Bev

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Meals That Heal: Heal Your Body with Clean Eating Recipes and Intermittent Fasting Meals that Heal book covers two distinctive diet plans that encourage healing within the body, the Intermittent Fasting Diet and the Clean Eating Diet. Each of these diets focuses in on proper nutrition. If the body is given the right foods that are packed with nutrients, then those nutrients can go to work helping to strengthen the immune system. It is the immune system, that when strengthened, is able to fight off infections and aid the body in the healing process. By consuming junk food, this process is stopped and this is when healing may not occur. The first section of the book covers the intermittent fasting diet with these categories: Intermittent Fasting Diet Breakfast Recipes, Intermittent Fasting Diet Dinner Recipes, and Intermittent Fasting Diet Light Snack Recipes. A sampling of the included recipes are: Quinoa with Herbs, Shepherd's Pie, Whole Grain Hot Cereal with Cherries, Mexican Style Eggs Huevos Rancheros, Edamame and Grilled Salmon, Broccoli Cheese Soup, Apple and Turkey Ham Salad, Balsamic Turkey Meatloaf, Breakfast Casserole, Zucchini Frittata, Vegetable Pot Pie, Spinach Salad with Pomegranate Dressing, Spicy Tomatoes and Green Beans, Shrimp Scampi, and Whole Wheat Pancakes with Apples. The second section covers the clean eating diet with these categories: The Clean Diet, Benefits of Clean Eating, Alternative Food Types, Tips for Eating Clean and Healthy, 5-Day Sample Planner for Day to Day Meals, Breakfast Recipes, Quick and Easy Lunches, Main Meal Recipes, Side Dishes, Desserts, Snacks, and Beverages. A sampling of the included recipes are: Chocolate Covered Banana Milkshake, Bugs on a Log, Lemon Bundt Cake with Poppy Seeds, Sassy Apricots and Sweet Potatoes, Thick and Chunky Oven Chili, Touch of Italy Cheese Quesadillas, Sweet and Zesty Pancake Apple Rings, Breakfast Fiesta, Marinated Salmon with Cucumber Salsa, and Beef Asparagus Stir-Fry.

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