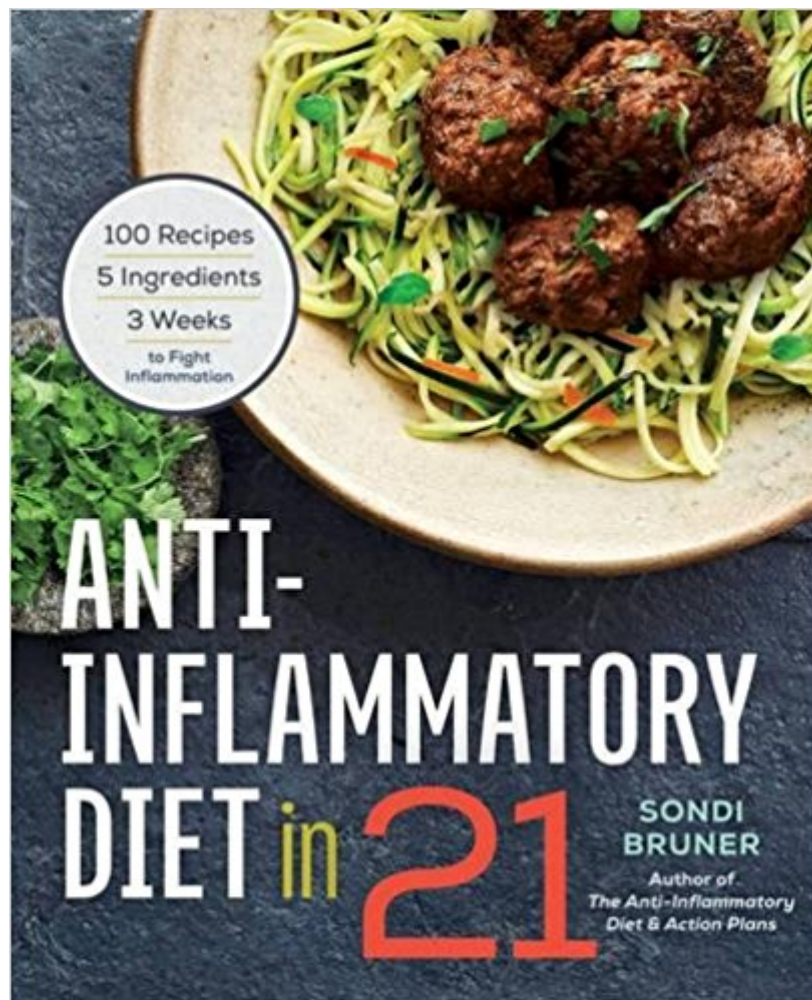




The book was found

Anti-Inflammatory Diet In 21: 100 Recipes, 5 Ingredients, And 3 Weeks To Fight Inflammation



Synopsis

The Life-Changing Anti-Inflammatory Diet and Meal Plan To Restore Your Health •With Five Ingredients or Fewer Holistic nutritionist Sondi Bruner puts you on the path to good health by showing you how to reduce inflammation by following an anti-inflammatory diet. Keep it simple, satisfying, and healthy with Bruner's five-ingredient, inflammation-fighting recipes. The Anti-Inflammatory Diet in 21 is an indispensable anti-inflammatory diet cookbook and meal plan with one goal: to transition you to a healthier lifestyle that supports your immune system. Discover how an autoimmune diet can be easy, convenient and filled with variety and flavor. The Anti-Inflammatory Diet in 21 preps you, with: Over 100 simple, delicious inflammation-fighting recipes, like Quinoa Flatbread Pizza A 21-day meal plan to eliminate inflammation-causing triggers and reintroduce nourishing foods Recipe labels for dietary restrictions (vegan, gluten free, soy free, nut free, and more) Lifestyle & dietary tips to promote healthy habits and soothe chronic inflammation The Anti-Inflammatory Diet in 21 gets you on track to support your health goals, control your inflammation, and still eat foods you enjoy.

Book Information

Paperback: 208 pages

Publisher: Rockridge Press; 1 edition (November 16, 2015)

Language: English

ISBN-10: 1623156734

ISBN-13: 978-1623156732

Product Dimensions: 7.5 x 0.6 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 126 customer reviews

Best Sellers Rank: #8,299 in Books (See Top 100 in Books) #58 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy #259 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

SONDI BRUNER is a holistic nutritionist, writer, food blogger, and recipe developer who specializes in digestive issues and allergen-friendly diets. She lives in Vancouver, British Columbia, with her husband and baby.

This is the BEST cookbook I have come across for Anti-Inflammatory dieting. Easy, quick, yummy

recipes! If you follow this cookbook and plan you will know in 7 days or less if this is a diet you should follow. My body responded by day two, I lost 8lbs in less than a month just sticking to an Anti-Inflammatory diet (I did not only stick to this cookbook, but anti-inflammatory in general). When I cook from this cookbook, the entire family loves eating the food so no need to cook two meals, additionally I would say the portion size is for 2 people so I do double them often so I have left-overs. This cookbook has an amazing 3 week meal guide to follow that is VERY organized and refers you to the page the recipe is on. It also gives you weekly grocery lists and a list of essential items to keep in your cupboards!

It seems everyone I talk to these days is undertaking some sort of detox diet. If you have been wondering if this is something you should try, this book would be a good place to start. Sonni Bruner gives a great introduction which explains how inflammation helps us heal following an injury. When acute inflammation turns into chronic inflammation, the effects can do serious damage, particularly in the case of autoimmune diseases. She tells us which foods worsen our immune systems and why and also extols the virtues of foods that nourish and heal inflammation. Bruner's book is a guide to undertaking a 3 week elimination diet which removes the inflammatory diets and helps you transition to a healthier lifestyle. The book includes 3 weeks' worth of menu plans, shopping lists, and recipes. Each recipe has no more than 5 ingredients. She includes helpful tips to those of us (each and every one of us?!) with busy lifestyles to help minimize the chances of us being unprepared and therefore likely to sabotage ourselves. This diet is not for the faint-hearted - you will eliminate gluten, dairy, corn, soy, peanuts, caffeine, alcohol, sugar, eggs, feedlot animal products, and artificial and processed foods. If you are wondering what's left, you will be in for a surprise. And what Bruner does with the remaining ingredients may be nothing short of amazing. I can't wait to try the Salmon Mushroom Hash, the Chicken Alfredo with a cauliflower based sauce as well as the Roasted Apricots and Almond Crusted Salmon. The only place I feel the book falls a bit short is in telling us if, when, and how to add foods back in. It seems unrealistic to think this won't happen and it would be helpful if there was a chapter on what happens next. But if you are looking for a easy to read and simple to follow book to get you started, this would be a good choice. I received this book for free in exchange for my honest and unbiased review.

Great plans and fantastic information! Really yummy recipes too!

My new favorite! Sonni is going to be my coach on an upcoming course so I bought the cookbook. I

was so impressed! This is what a useable cookbook should be. Wholesome, real ingredients, a reasonable number of accessible ingredients and easy, well written instructions. I cant wait to cook my way through the book and, even more, working with SonDi for the next few months!

Very good for me and other older peoples!

Has lots of good information and recipes along with meal plans.

The recipes did not help my husband feel better, and the food itself is not tasty at all. She doubles several of the recipes unnecessarily for "leftovers" but you are left with an expensive grocery bill and too much food to possibly eat.

Love receipes

[Download to continue reading...](#)

ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) The Anti-Inflammatory Diet: Rich Anti-Inflammatory Foods to Cut Down on Inflammation - Over 25 Anti-Inflammatory Recipes You Will Love Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune System ... Immune System, Reduce Inflammation Book 1) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune ... System, Reduce Inflammation) (Volume 1) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal

Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Anti-Inflammatory Diet in 21: 100 Recipes, 5 Ingredients, and 3 Weeks to Fight Inflammation Gout & Anti Inflammation Meal Plan Guide - Nutritional Strategies for Reducing Inflammation Naturally Gout Prevention, Gout Diet, Anti Inflammatory Foods ... Eat, & Avoid, & More | (Gout & Inflammation) Instant Pot Recipes CookBook: Anti-Inflammation Diet Recipes For Optimal Healthy Lifestyle (Instant Pot Cookbook, Anti Inflammatory Diet, Clean Eating, Pressure cooker cookbook, low carb diet) Anti-Inflammatory Diet: Your Ultimate Guide To Healing Inflammation, Alleviating Pain and Restoring Physical Health With 50 Delicious Anti-Inflammatory Recipes (2nd Updated Edition) Anti Inflammatory Diet: 4 Manuscripts: Insulin Resistance Diet, Plant Based Diet Cookbook, Insulin Resistance Cookbook, Healthy Eating (Anti Inflammatory Diet Cookbook Bundle) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Anti Inflammatory Cookbook - 50 Slow Cooker Recipes With Anti - Inflammatory Ingredients: Bonus: Pressure Cooker & Salad Recipes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)