



Low Cholesterol Diet Recipes: Living Healthy with Smoothie Diet and Kale Recipes

Lisa Graham

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Low Cholesterol Diet Recipes: Living Healthy with Smoothie Diet and Kale Recipes Learn the wonders of one amazing vegetable that will make your low cholesterol diet easy to follow. The recipes found in this book, show how this Super Food, known to some as Kale, is much more versatile than ever imagined. Used in healthy recipes for dinner, along with other nutritional foods, you will find very little that kale is not capable of. The little respected leafy, green vegetable, is much more than an aesthetic outline for a plate of tuna or chicken salad. Learn of the kale history, how important it is to the human body, and the many benefits it holds in providing vitamins, minerals, and antioxidants. Considered to be the mother of all super foods, it can easily be included in everything from salads to desserts. Low cholesterol smoothies, made from fruit, vegetables, or a combination of both, offer great recipes for dinner, besides keeping you pleasantly hydrated, and noticing significant weight loss. Use kale to provide most of the cholesterol lowering benefits without having an extensive array of different foods. There are enough unique smoothie recipes included, to have a different flavour for every day of the week. A 5-day menu planner will get you off on the right foot of knowing the foods low in cholesterol and what size of proportions to use in preparing meals. Whether you are working on stubborn tummy fat, or trying to balance a maintenance program, having a weekly chart of weight loss recipes and meals, comes in handy. Low cholesterol diet recipes do not have to be difficult when something as simplistic as kale, is on your side. Discover how this one Super Food, alone, can make over 50 tasty and satisfying low cholesterol recipes, and get you on the road to losing weight.

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