

The Plant Paradox Cookbook : 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free pdf

Steven R. Gundry

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DESCRIPTION OF THE BOOK THE PLANT PARADOX COOKBOOK : 100 DELICIOUS RECIPES TO HELP YOU LOSE WEIGHT, HEAL YOUR GUT, AND LIVE LECTIN-FREE

From renowned cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling *The Plant Paradox*, offering 100 easy-to-follow recipes and four-color photos. In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-free is relatively straightforward, going lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his *Plant Paradox* program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

THE PLANT PARADOX COOKBOOK: 100 DELICIOUS RECIPES TO HELP YOU

The Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free The plant paradox cookbook: 100 delicious recipes to help you lose weight, heal your gut, and live lectin-free - kindle edition by steven r. gundry. download it once and read it on your kindle device, pc, phones or tablets.. *The Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free* [Dr. Steven R Gundry M.D.] on Amazon.com. *FREE* shipping on qualifying offers. From renowned

~~cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion~~
cookbook to New York Times bestselling The Plant Paradox The Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free by Steven R Gundry M.D. From renowned cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling The Plant Paradox , offering 100 easy-to-follow recipes and four-color photos. Use features like bookmarks, note taking and highlighting while reading The Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free. Cookbooks, Food & Wine Kindle eBooks @ Amazon.com. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, The Plant Paradox Cookbook will show readers of The Plant Paradox—and more—how delicious it can be to eat lectin-free. The plant paradox cookbook : 100 delicious recipes to help you lose weight, heal your gut, and live lectin-free. [Steven R Gundry] -- In The Plant Paradox, cardiac surgeon Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of. Booktopia has The Plant Paradox Cookbook, 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free by Steven R. Gundry. Buy a discounted Hardcover of The Plant Paradox Cookbook online from Australia's leading online bookstore. From the Back Cover. Lose weight and heal your gut with more than 100 delicious Plant Paradox-approved recipes! In the New York Times bestseller The Plant Paradox, renowned cardiologist Dr. Steven Gundry introduced readers around the world to the hidden toxins lurking in seemingly "healthy" foods: a class of plant-based proteins known as lectins. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, The Plant Paradox Cookbook will show readers of The Plant Paradox—and more—how delicious it can be to eat lectin-free.

THE PLANT PARADOX COOKBOOK: 100 DELICIOUS RECIPES TO HELP YOU

Now, "THE PLANT PARADOX COOKBOOK: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free" is available in bookstores. Dr. Dr. Gundry offers a collection of over 100 delicious, healthy, and diverse recipes to help readers maintain their new way of eating, for life. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, The Plant Paradox Cookbook will show readers of The Plant Paradox—and more—how delicious it can be to eat lectin-free. Now, "THE PLANT PARADOX COOKBOOK: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free" is available in bookstores April 10, 2018. Dr. Dr. Gundry offers a collection of over 100 delicious, healthy, and diverse recipes to help readers maintain their new way of eating, for life. The Plant Paradox Cookbook 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free Dr. Steven Gundry PR Newswire LOS ANGELES, April 10, 2018 LOS ANGELES, April 10, 2018. The plant paradox cookbook : 100 delicious recipes to help you lose weight, heal your gut, and live lectin-free / From Dr. Steven R. Gundry comes the companion cookbook to THE PLANT PARADOX, offering 100 easy-to-follow recipes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts,

~~main meals, snacks, and desserts, The Plant Paradox Cookbook will show~~ readers of The Plant Paradox—and more—how delicious it can be to eat lectin-free. In addition to an overview of the Plant Paradox program, a pantry guide, and sample meal plans, Dr. Gundry shares more than one hundred recipes designed to help heal the gut, promote weight loss, and quell inflammation. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, The Plant Paradox Cookbook will show readers of The Plant Paradox—and more—how delicious it can be to eat lectin-free. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, The Plant Paradox Cookbook will show readers of The Plant Paradox—and more—how delicious it can be to eat lectin-free.

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