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A Better Weigh to Healthy Cookbook (Trim Healthy Mama compatible)

Cindy Mullett

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Whether you are hypoglycemic,diabetic, desire to lose weight, or have food allergies or hypothyroidism, or simply enjoy being healthy....this cookbook is for you! Sugar-free and Gluten-free with many Dairy-free options. This cookbook isn't endorsed by Trim Healthy Mama, but each recipe is clearly marked whether it is a fats, carbs, neutral, or combination of fats and carbs-making it effortless to use if you're following the Trim Healthy Mama plan. It contains 400 pages of recipes and also much information about naturally treating many health conditions we've personally experienced like: Multiple Chemical Sensitivities, allergies, Leaky Gut, psoriasis, eczema, adrenal fatigue, low blood pressure and Hashimoto's thyroid disease. Although this cookbook is designed to help you lose stubborn weight, it is also perfect for diabetics or those who are wanting to maintain or gain weight in a healthy way. You will be surprised how delicious and "normal-tasting" these recipes are. From pecan pie and peanut butter pie, to stuffed chicken breasts, soups, biscuits, angel food cake, yeast donuts, easy bars and cookies, creamy no bake cheesecakes, raspberry chiffon pie, soft serve ice creams and many sourdough recipes, this cookbook will work for the novice or gourmet chef. Whether you or a friend is struggling with health issues, trying to lose weight, or just looking for yummy dairy, sugar, or gluten free recipes, this cookbook was created for you!

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