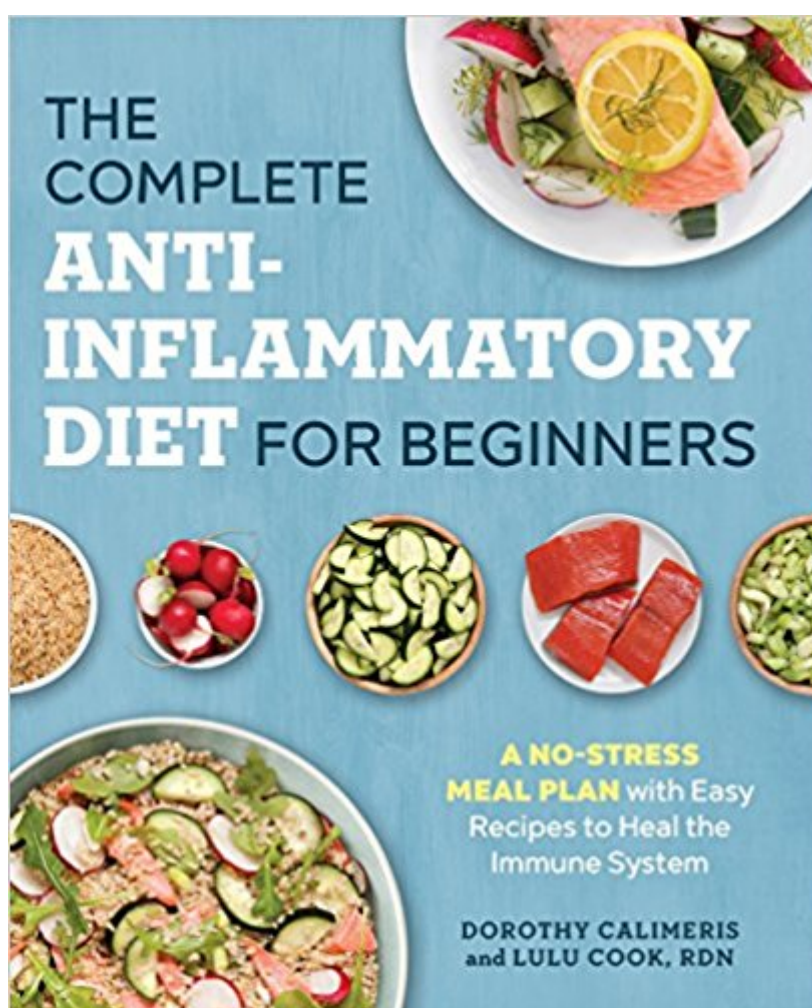


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# The Complete Anti-Inflammatory Diet For Beginners: A No-Stress Meal Plan With Easy Recipes To Heal The Immune System



## Synopsis

Chronic inflammation does not have to drag you down, sap your energy, or contribute to poor health any longer. Learn how to reverse chronic inflammation through simple dietary changes with *The Complete Anti-Inflammatory Diet for Beginners*. If you suffer from chronic inflammation, you're already familiar with symptoms such as pain and fatigue, as well as co-existing conditions including autoimmune disorders and gut health problems. By following an anti-inflammatory diet you can reverse the frustrating and often debilitating effects of inflammation—but knowing where to start can be difficult. As co-author of the bestselling cookbook *The Anti-Inflammatory Diet and Action Plans* and someone who follows an anti-inflammatory diet, Dorothy Calimeris knows firsthand what it takes to get started and stick with it. In *The Complete Anti-Inflammatory Diet for Beginners*, Dorothy delivers her personal expertise and recipes, alongside registered dietitian nutritionist Lulu Cook who breaks down the anti-inflammatory diet into easy-to-follow steps and provides a broad variety of enjoyable meals. Relatable and straightforward, this cookbook offers simple, affordable, delicious recipes and meal plans. With *The Complete Anti-Inflammatory Diet for Beginners* you'll enjoy: 75 simple, affordable recipes that use limited ingredients for delicious meals that are healthful and satisfying An integrated 2-week meal plan offering budget-friendly shopping lists and easy prep guides for a variety of flavorful recipes Handy food lists that help you identify inflammation-causing ingredients and inflammation-fighting superfoods and know what to shop for A 7-day list of activities to prepare you for your new lifestyle and get you ready, set, and going in no time *The Complete Anti-Inflammatory Diet for Beginners* will help you to begin healing your chronic inflammation sooner than you think with everything you need for making this healthy change.

## Book Information

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## Customer Reviews

DOROTHY CALIMERIS is a lifelong chef who creates healthy meals with minimal ingredients. Co-author of the bestselling cookbook *The Anti-Inflammatory Diet and Action Plans* and *The Good Life Mediterranean Diet Cookbook*, she follows an anti-inflammatory Mediterranean diet. LULU COOK is a registered dietitian nutritionist specializing in sustainable wellness for personal health. She promotes the power of a whole-food, plant-based diet to support vibrant well-being for people at every stage of life.

Now this is a diet that I can easily incorporate. This is one of those plans that you can so totally adapt to "real life"! The first thing I loved about this diet is that it is fruit friendly! I'm so tired of being told "watch your fruit intake", or that fruits are on the "rarely eat" list. Watermelon (FAVE!), berries, apples, pineapple, bananas, citrus.... All my favorites are here! Another high point I loved was that you can adapt this diet to whatever you need. For example, my budget doesn't allow for me to change totally. I still have to use cheap flour, but at least I use whole wheat. I use sweet potatoes as much as possible, but given the difference in price, I still have to have regular white potatoes. I just don't eat them as much. I'm also supposed to stay away from dairy, but again, dairy is cheaper than any other variety of "milk". I still use milk, but only in recipes. That said, you can see that I followed the diet, to a moderate degree. Even with the changes I had to make, this diet didn't make me feel like I was making any big changes. A few tweaks here and there. The book is loaded with information about inflammation, its effects on the body, and how food can be used as a way to help alleviate the effects. Meal plans, shopping lists, plenty of recipes... This is so simple. And easy to read! It's not loaded with jargon, but just easy to understand info. Some of my fave recipes so far, Pan Seared Pork Loin. Then I make the suggested Spinach and Pork Salad out of leftovers. Did I forget to mention they give you recipes to use with all the leftovers? Oh, yea they do. The sautéed spinach has become a 3 or more times a week side dish! We had company over for the Sesame Miso Chicken. Winner. Coconut Mango Lassi. Winner. Next up: Avocado Fudge. Oh yes. Now. Do I feel any different after eating \*mostly\* this way for a couple of weeks? Absolutely. Out with the garbage, in with good, healthy food. What other result could I expect? Down 2 pounds, with no change but the diet. I'm going to stay on it for a while longer. I feel better and the food tastes

better, than my standard fare.

Having rheumatoid arthritis and a weakened immune system, I have been trying to find a way to reduce my inflammation without so many prescription medications. This book is so well written for a beginner to not be over whelmed as to what to eat and how to prepare meals. I like the weekly meal plans that also include recipes. It's all "regular" food that I can purchase at the grocery store without having to look for specialty foods. The book starts out explaining the diet basics and how to prepare for the healthy eating change. Both are very important to me plus there are recipes for all meals plus snacks and even dressings. I can't wait to try the turmeric-almond smoothie. The book is easy to read and I like the heavy duty cover that is coated so I can easily wipe it off if spills get on it. I am pleased with how this book is written with the affordable recipes and mostly for the list of foods that will help with my inflammation. I would highly recommend this book I received to any one who is fighting chronic inflammation.

Fine product. Prompt delivery

This book is a good book for people who want to eat foods that will help get rid of inflammation in your body and fight off diseases that are caused by inflammation. It is filled with good information and recipes.

The explanation was clear and concise, the buying and prep guides very helpful. But this is not for the picky eater or your typical meat and potato person.

This book is very helpful. It is put together in a way that is easy to follow and easy to incorporate into a daily or weekly routine. Great and yummy suggestions for recipes and meals that are not difficult to put together. Especially good for someone ( like me) not able to make big changes but willing to move into a healthier direction. The weekly shopping lists are put together well and got me started out on the right path. Love this book!

Many diseases start with the inflammation process this book show you how to get back to eating in a healthier manner. I myself suffer from arthritis which is a disease caused by inflammation so I was very thankful to find a book that would enable me to lower my inflammation. This book comes with many beneficial recipes that are easy to make in our daily routine. Overall I am very pleased with

this book. Would I recommend this book to other people? Yes I would including friends and family..I absolutely think this is great book. All opinions are my own and they are not influenced by anyone but myself.If this review helped you at all please vote yes below.

What a great find! It was well written and made for pleasant, enjoyable reading. It had a lot of useful information nicely condensed into one concise location. And although I'm usually a bit of a "recipe snob", I do believe I'll be trying many of the ones in this book. Highly recommend!

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