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Bland Diet: Bland Diet Small Meal Ideas And Recipes(Nutritional Health Benefits And Uses Of Bland Diet,Acid Reflux,Ulcers,Stomach Surgery,Gastrointestinal Disorders)



Series: Bland Diet

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Customer Reviews

A lot of misspellings and grammar issues. First recipes made no sense cuz they used foods that we are not to eat then it went to weekly plans and poof the book was done

This is really a nice book. This book contains proven steps and strategies on how to make your bland diet and turn it into something new and exciting. By reading this book you can learn a lot of bland dieting ideas and recipes. This book also contains a proper routine for bland dieting. By following the rules of this book I'm feeling better. It's really a nice book.

Terrible book- poorly written w/questionable items: "Hot sauce", "onions & peppers", "tomato case" (?), "corn", "potato skins". One ingredient is "buy this ingredient".

I found a few good ideas...but was disappointed...

This book is horrible...not at all anything that is helpful in planning what to eat for people who need to change their eating habits.

Most recipes are spicy.....no spice on a bland diet. Would not recommend. Better books out there. Will keep searching for better.

This author has made a lovely showing with regards to of imparting the connection between what we put in our bodies and the practices that outcome. As a parent of a kid who battles with center, this book gives an ameliorating understanding and characterized activity plan of steps one can take to figure out which foods may add to that battle.

"I would prescribe this book to any parent or even grown-ups without kids who might encounter food sensitivities.I adore the feast arranges and the formulas - such a large number of books illuminate you on the significance of changing your propensities, however once in a while do they show you how. This one does.Well done."

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