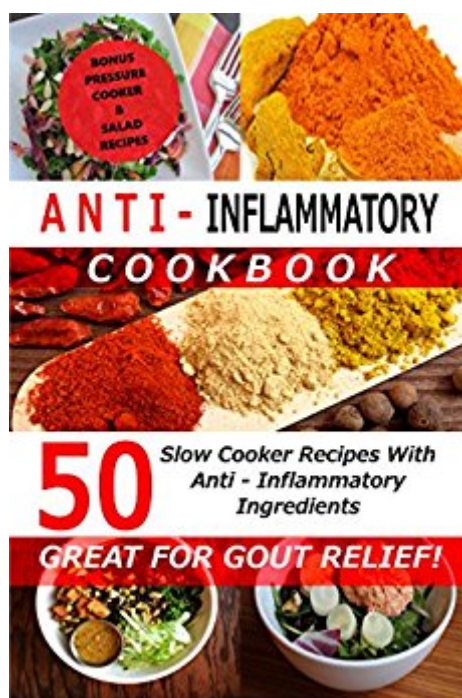




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Anti Inflammatory Cookbook - 50 Slow Cooker Recipes With Anti - Inflammatory Ingredients: Bonus: Pressure Cooker & Salad Recipes



Synopsis

THIS RECIPE BOOK IS PRINTED BOTH IN PAPERBACK AND EBOOK FORMATS FOR YOUR CONVENIENCE. Anti Inflammatory Slow Cooker Recipes. This book is filled with a lot of delicious, healthy recipes to help with inflammation. Check out some of the unique recipes we have for you today... Chickpea Curry Vegetarian Chili Slow Cooker Spinach Sauce Vegetarian Minestrone Slow Cooker Cassoulet Slow cooked beans Black Bean and Mushroom Chili Chickpea, Squash and Lentil Stew Chickpea and Eggplant Stew Three Bean and Barley Southern Soup Squash Quinoa Casserole Vegetable and Black Bean Soup Vegetable Lentil Stew Vegetable Stew Pulled Chicken Pumpkin Chicken Chili Ratatouille with Chickpeas Slow Cooked Chicken Fajitas Wild Duck Breast Lâ™ Orange Slow Roasted Herb Potatoes Summer Squash Casserole Caribbean Sweet Potato Stew Slow Cooked Scalloped Potatoes Black Bean Soup Honey Sriracha Chicken Wings Corn and Potato Chowder Slow Cooked French Onion Soup Slow Cooker Roasted Vegetables Wild Duck Gumbo Buffalo Chicken Pasta Crock Pot Minestrone Soup Lentil Cauliflower Stew Crock Pot Lasagna Slow Cooked Spinach Manicotti Slow Cooked Mac and Cheese Italian Vegetable and Pasta Soup Pesto Chicken Sandwiches Mushroom Risotto with Peas Chicken Osso Buco Warm Eggplant and Kale Panzanella Slow Cooker Ribollita Italian Wedding Soup Penne with Tomato-Eggplant Sauce Beef and Carrot Ragout Italian Pork and Sweet Potatoes Spaghetti with Sauce Italiano Saucy Ravioli with Meatballs Caponata Sicilianata Italian Braised Chicken with Fennel and Cannellini Char Siu Pork Roast Mediterranean Roast Turkey Vegetable and Chickpea Curry Provençale Beef Daube Smoky Slow Cooker Chili Provençale Chicken Pesto Lasagna with Spinach and Mushrooms Curried Beef Short Ribs Barley Stuffed Cabbage Rolls Spinach Artichoke Dip Creole Red Beans and Rice White Bean Cassoulet Loaded Baked Potatoes Chicken with Carrots and Potatoes Gluten Free Creamy Polenta Creamy Peach Oatmeal Delicious Creamy Celery Soup Gluten Free Minestrone Soup Apple Cranberry Oats Easy Black Bean Rice Spanish Rice Plain Brown Rice Perfect Quinoa Gluten Free Coconut Oatmeal Delicious Vegetable Pasta Vegetable Gumbo Garlic Potato Mash Delicious Almond Coconut Risotto Mixed Vegetable Curry Breakfast Quinoa Yummy Blueberry Oatmeal Simple and Quick Risotto Maple Glazed Carrot Healthy Vegetable Stew Spinach Lentil Curry Delicious Potato Risotto Healthy Carrot Soup Salad recipes Garbanzo Bean and Salmon Salad Grapefruit and Avocado Salad Creamy Cucumber Salad Israeli Salad Southwestern Egg Salad Basil and Balsamic Mozzarella Salad Pecan Apple Salad Curry Chicken Salad Chicken Basil Salad Tuna Salad à la Méditerranéenne Cumin and Lime Bean Salad Egg Salad Barbeque Chicken Salad Potato Summer Salad Greek Salad Couscous with Garbanzo Beans, Fennel and Citrus Carrot-Raisin Salad Red Pepper and Broccoli Salad with Homemade French

DressingAsian Salad RecipeEasy Cucumber SaladBrown Rice Confetti SaladCosta Rican SaladCrispy Oriental SaladCurried Corn SaladTofu & Egg • SaladGazpacho SaladRoasted Eggplant SaladGrated Beet SaladGreen Bean and Tomato SaladZucchini and Corn SaladHow to Reduce InflammationDietFatProteinCarbohydratesHerbs and SpicesBeveragesPutting It All TogetherFoods to Limit and/or Avoid in Your DietWhat to Eat Instead?The Lifestyle Changes That Will Reduce InflammationLose WeightReduce Blood SugarPhysical ActivityQuit SmokingAvoid Repetitive MotionsReduce StressPreventing StressEnjoy!

Book Information

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Customer Reviews

this has ingredients like pasta that in my opinion are NOT anti inflammatory

ONLY 4 WEEKS AND I SEE A BIG DIFFERENCE. AND THE FOOD IS GOOD. THANK YOU,

It doesn't include "gluten free" which I believe should be definitely part of any approach to Anti inflammatory cooking.

Pretty good recipes in this book. I cooked some on the stove top and combined some and even left out some ingredients. Delicious and there is plenty to pick and choose in this recipe book

Lots of very handy and yummy recipes here. I had no idea there was a whole cookbook devoted to anti-inflam foods. Fantastic. My dermatologist will be happy.

Ok

I was in so much pain and refused to rely on pills

Bought this for my mom. She loves it!

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