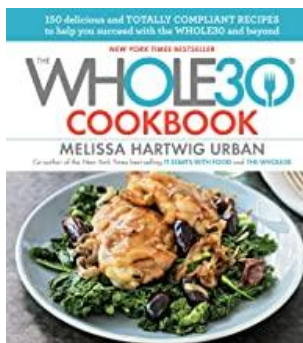


Cooking during Quarantine

I am guessing a lot of us are cooking more than we ever have before the stay-at-home order. Here are some different diet books that are sure to make your evening meals more interesting. Since we know everyone reacts differently to food these books will walk you through how to try some of the more popular diets out there now.

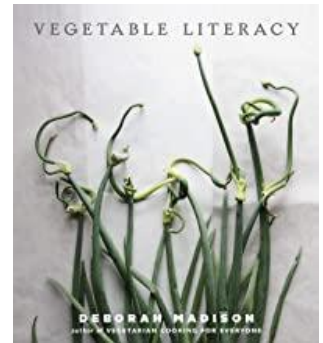


Whole 30 Cookbook by Melissa Hartwig Urban

This is a guide to an elimination diet. For 30 days you give up grains, coffee, dairy, beans, alcohol and a few more. Then you add them back in to see what foods work best for you. Kind of a challenging diet but maybe now is the time to try it.

Vegetable Literacy by Deborah Madison

Every doctor can agree that more vegetables is a good thing. Keto, Paleo, Gluten free, Vegan.....they all want you to eat your vegetables. This is a beautiful book to learn about cooking and eating wonderful, good-for-you VEGTABLES!



Gluten-Free Girl Every Day

Shauna James Ahern with Daniel Ahern. Photographs by Penny De Lee-Hester

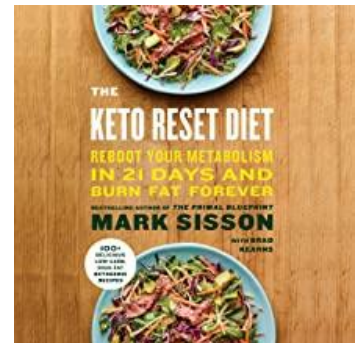


Gluten Free Girl Every Day by Shauna Ahern

So many people today have a sensitivity to gluten that it makes some sense to try living without it and see how it makes you feel. This cookbook will help you give it a try.

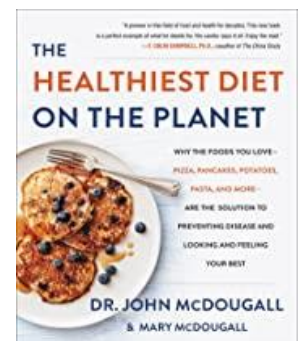
The Keto Reset Diet by Mark Sisson

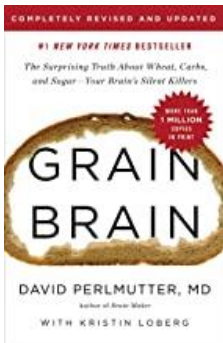
Mark Sisson is going to change your diet and your life in 21 days. You will become a fat burning machine and never look back. Lots of different opinions on this diet that puts you into a state of ketosis....check it out and see what you think.



The Healthiest Diet on the Planet by John McDougall

After trying paleo and keto this book turned everything I had read upside down. Dr. McDougall believes the exact opposite of many of the current popular diets and he backs it up with seemingly rigorous studies of many people. Hmmm...



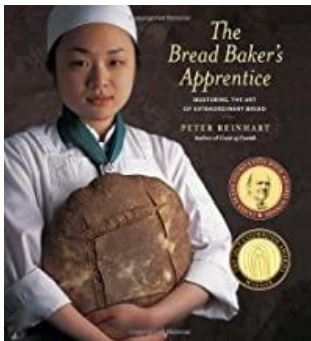
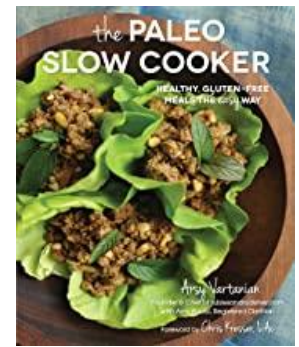


Grain Brain by David Perlmutter, MD.

According to this doctor, grains are your problem. Cut them out and everything in your life will get better! Definitely worth a read especially if you have a sensitivity to wheat and grains. I personally love my carbs (see last selection this week!)

The Paleo Slow Cooker by Arsy Vartanian

I loved this book because slow cookers are so easy. Nothing better than coming home to the house smelling of delicious food. This is all about meat though and currently I am steering away from meat but still has some great easy recipes.



The Bread Baker's Apprentice by Peter Reinhart

When we first went into quarantine I went into the grocery store to buy flour and yeast and much to my surprise all shelves were empty! If you got some of that flour in your house now this book is for you. You will learn all the techniques of bread making and the satisfaction of eating your triumphs. I am currently working on perfecting a dark seeded rye bread.



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