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60 Ingredient Substitutions To Help You Cook Healthy Foods While Eating What You Love

Christina Jones

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60 Ingredient Substitutions To Help You Cook Healthy Foods While Eating What You Love Christina Jones
Christina Jones gives you ideas on simple ingredient substitutions you can use to replace ingredients in the recipes you already make to accommodate a gluten free diet, or a diet for a diabetic who is concerned with avoiding sugar in the diet.
Many simple replacements can be made to increase your fiber intake or double your protein while barely changing anything at all in the way you eat or even what you eat.

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