

# 12 FOODS TO SUPPORT A HEALTHY GUT LINING



bone broth



collagen / gelatin



grass-fed butter /  
ghee



aloe vera



raw honey



ginger



turmeric



coconut



vitamin c-rich foods  
\*see caption for examples



omega 3 fats  
\*see caption for examples



polyphenol-rich foods  
\*see caption for examples



soaked chia seeds  
(see chia seed pudding)

# Pro Gut Health Foods For Beginners For Beginners 21828

**Una Tucker**



## **Pro Gut Health Foods For Beginners For Beginners 21828:**

*Gut Health Diet For Beginners Cookbook* Una Tucker,2020-11-26 *Gut Health Diet For Beginners Cookbook* Get your copy of the most unique recipes from Una Tucker Do you miss the carefree years when you could eat anything you wanted Are you looking for ways to relive the good old days without causing harm to your health Do you want an ideal way to preserve your food Do you want to lose weight Are you starting to notice any health problems Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family If these questions ring bells with you keep reading to find out Healthy Weekly Meal Prep Recipes can be the best answer for you and how it can help you gain many more health benefits Whether you want to spend less time in the kitchen lose weight save money or simply eat healthier meal prep is a convenient and practical option and your family can savor nutritious delicious homemade food even on your busiest days In this book This book walks you through an effective and complete anti inflammatory diet no prior knowledge required Learn how to shop for the right ingredients plan your meals batch prep ahead of time and even use your leftovers for other recipes and detailed nutritional information for every recipe *Gut Health Diet For Beginners Cookbook* is an incredible resource of fulfilling joy inducing meals that every home cook will love In addition 2 weeks of meals a 14 day schedule of meals including step by step recipes and shopping lists for each with tips on what you can prepare ahead of time to get dinner or meal on the table faster Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday It would be lovely to know your cooking story in the comments sections below Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless I really hope that each book in the series will be always your best friend in your little kitchen **Gut Health Diet For Beginners Cookbook** Una Tucker,2020-12-08

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