

# LECTIN AVOIDANCE COOKBOOK

*150 Delicious Recipes to Reduce  
Inflammation, Lose Weight  
and Prevent Disease*



Pamela Ellgen

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The Lectin Avoidance Cookbook: 150 Delicious Recipes to Reduce Inflammation, Lose Weight and Prevent Disease



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Avoid the secretly dangerous proteins hiding in your preferred foods! Cilantro Ginger Chicken• But gluten is just the most well-known source of the plant-based protein called lectin, which in turn causes inflammation, excess weight gain and serious illnesses. Peppercorn Beef and Broccoli• This easy-to-use cookbook features 150 recipes that are not only nutrition packed and great tasting, but thoroughly avoid foods that are particularly saturated in lectin, including legumes, grains, dairy and nightshade plant life such as for example tomatoes, potatoes and eggplant. The recipes include:•You know to avoid gluten. Smoky Lovely Potato Soup• And while it isn't possible to remove lectin from your own diet altogether, with clever food choices, you can eat healthy while greatly reducing how much lectin you consume. Coconut Shrimp• Apple Cinnamon Pancakes• Maple Chocolate Torte• Parsnip Fries with Hazelnut Picada



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In chapter 1 she briefly describes which foods in order to avoid, which forms the premise of her amazing quality recipes. Steven Gundry's Plant Paradox medical research. Lectin free can still be doable and delicious Much appreciated Pamela's understanding of the lectin issue that i previously find out about in Dr. I can only assume that prior reviewers might not understand the foundation of the lectin issue-Dr. Many dishes contain ingredients that contain lectin, including canola essential oil which the author states shouldn't be used. The Author mentions broth, but does not mention that . Pamela actually included dessert ideas, which makes my lovely tooth do the content dance. It is stronger and cheaper. Just OK The type is too faint to be easily seen. Gundry's work provides more considerable, scientific overview. Great Book A wide variety of delicious recipes. There exists a table of contents nevertheless no index that is something I would consider important for a cookbook. It seems as though somebody was in a rush to publish this book and or the editor failed in his/her job. Not really well edited..When I go through Plant Paradox, I needed to provide everyone I knew a copy. I would right now add this cookbook in with it. Worth trying and helps! Great informative recipe reserve!! Its ok There are several good recipes in it, but not really rhe book I was longing for Not what I expected. need a chefs pantry to cook Not what I expected at all, not everyone includes a chefs pantry to cook with. I came across the quality recipes included a multitude of selections, were easy to follow, and offered helpful tips and often extended choices to the original recipes..It is nice to locate a book that gives you strategies and delicious alternatives to foods that you miss eating. The Author mentions broth, but does not mention that broth is nothing more than water and a cube of bouillon. buy the bouillon rather than broth. I am motivated to stage into this new method of eating. Five Stars Good



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