



# Low Fat Diet: Low Fat Cooking with Gluten Free and Paleo Recipes

*Judy Keating*

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## **Low Fat Diet: Low Fat Cooking with Gluten Free and Paleo Recipes** Judy Keating

Low Fat Diet Low Fat Cooking with Gluten Free and Paleo Recipes The Low Fat Diet book is geared to helping people lose weight with low fat diet recipes. There are two distinctively different yet similar diets featured in this book, the Vegan Gluten Free diet, and the Paleo Diet. Each diet calls for fresh fruits and vegetables, but the Vegan Gluten Free diet offers a low fat diet plan void of animal protein. Vegans do not eat any meat, nor do they consume any animal product such as dairy foods or even eggs. They do rely on a good low fat diet plan as outlined in the Vegan Gluten Free Diet. The Paleo Diet has low fat diet foods that include meat and animal products. The Vegan Gluten Free Diet is most all low fat foods. This particular diet has no reason to be high in fat and is perfect for vegans and vegetarians who wish to lose weight and fat. There is information on how to substitute the common ingredients that may stop a meal from being totally vegan. You will find information on the history and philosophy of the vegan lifestyle, and recipes for snacks, main dishes, side dishes, desserts, soups and even raw foods and drinks. The diet plans in this book includes a diet that features meat in most of the recipes for the meat lovers who also want a low fat diet, but with meat. The Paleo Diet section discusses what the Paleo Diet is and the reasons for choosing this plan. The Paleo Diet is actually simplistic, including the foods eating by our Stone Age ancestors so long ago. Some of the recipes include a Mushroom and Pine Nuts Scrambled Eggs, Cucumber Hot Dogs, Chicken Curry with Pumpkin, Crunchy Sweet Potato Chips with Meatballs, Moroccan Lamb with Squash and various dessert recipes.

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