



# What Do We Eat Tonight? How to Live With Food Allergies - A Practical Guide to Selecting Foods and Creating a Rotation Diet.

*Dianna Barra*

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# What Do We Eat Tonight? How to Live With Food Allergies - A Practical Guide to Selecting Foods and Creating a Rotation Diet.

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## **What Do We Eat Tonight? How to Live With Food Allergies - A Practical Guide to Selecting Foods and Creating a Rotation Diet.** Dianna Barra

"What Do We Eat Tonight? How to LIVE With Food Allergies!" is designed to help answer the everyday question of "What Do We Eat Tonight?" In it, you will find sections covering selection of cooking methods, choosing pure water, selecting meats, vegetables, fruits, grains, and the bothersome fats, sugars, salts, and minerals. Included are a variety of charts to teach you food combining and get you started on a rotation-type diet. Workbook-type pages help you create your own, personalized menu. It is flexible enough to use for any diet or dietary restriction(s). But, most of all, help you successfully stay on your diet plan. Written in short chapter form, this book is designed to help you get started with as little time and effort as possible to adjusting your diet and getting on the road to better health and, most importantly, still enjoy life! Tested over 15 years, these methods and hints have helped improve not only the author's health, but also the health of! her family, her friends, and many others.

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