

# The Everything Coconut Diet Cookbook - Anji Sandage

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Coconut oil contains natural saturated fats that are rapidly digested and help accelerate weight loss, kill viruses and bacteria, boost energy, and nourish skin and hair. This easy-to-use guide shows readers how to incorporate coconut into their meals with 150 nutritious recipes, including: Crispy Coconut Potato Skins; Coconut and Lime Hawaiian Pulled Pork; Orange Roughy with Fruit and Coconut Cream; and, Raw Chocolate Coconut Truffles. Complete with nutrition stats for each recipe and extensive meal plans, dieters will kick-start their weight loss with "The Everything Coconut Diet Cookbook". Better yet, they'll achieve optimal health while feasting on the fruit of an island paradise. Author: Sandage, Anji Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Coconut Diet Cookbook Pages: 00304 (Encrypted EPUB) On Sale: 2011-11-15 SKU-13/ISBN: 9781440529023 Category: Cooking : Health & Healing - General

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