

# Painless Anti Inflammatory Diet Recipes For Lazy People: Surprisingly Simple Anti Inflammatory Diet Recipes Even Your Lazy Ass Can Cook

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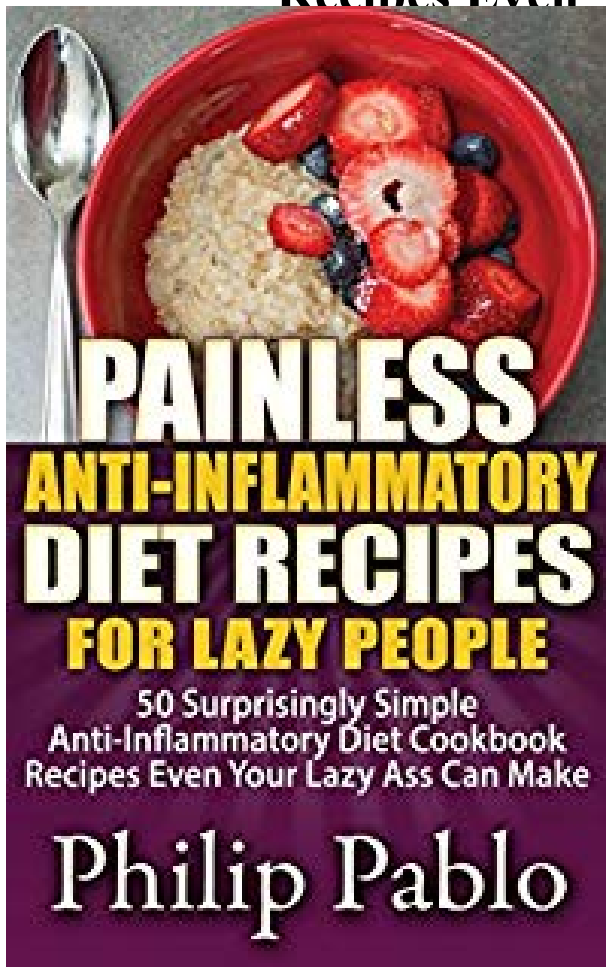
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Are you on Anti-Inflammatory Diet and too lazy to cook? This recipes book contains 50 surprisingly simple Anti-Inflammatory Diet recipes you can prepare and cook on the same afternoon. In other words, it is so simple, even your lazy ass can cook! The recipes follow the Anti-Inflammatory Diet guidance and they are designed so you can mix and match them according to your preference. Do not think that you have sacrificed your enjoyment of food by giving up meals. Chances are, there are meals you enjoyed eating and you get to stick to the Anti-Inflammatory Diet plans. You can substitute them with a variety of appetizers, breakfast, lunches, dinners and desserts recipes. There are ample choices for those who want to stick strictly to Anti-Inflammatory Diet. This way, you will never get bored of eating the same meal over and over again. This reinforces your habit of sticking to the diet to a healthier you. Buy this Anti-Inflammatory Diet cookbook today and your Anti-Inflammatory Diet will be surprisingly simple to do!