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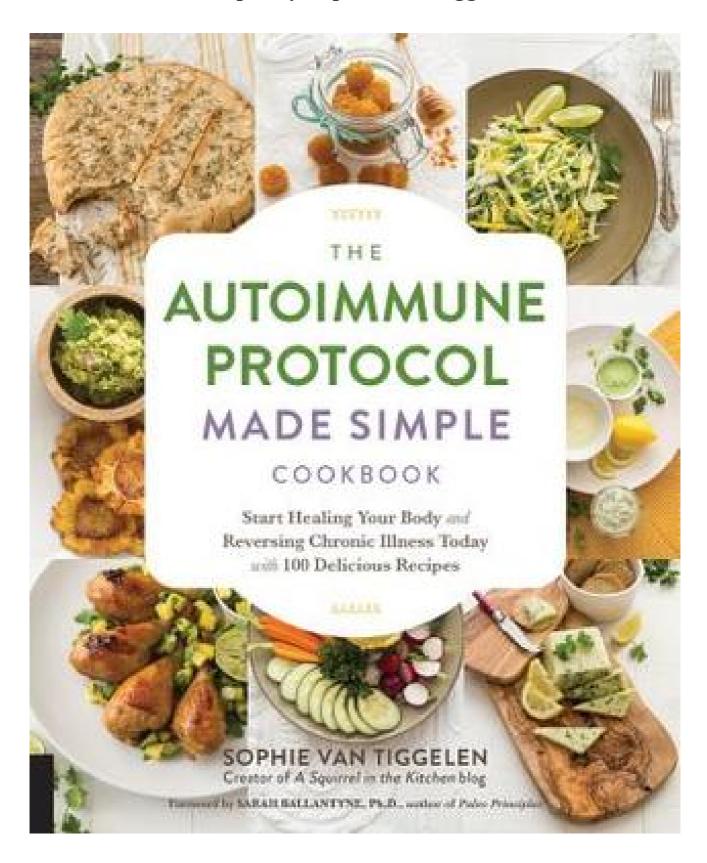
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Synopsis book

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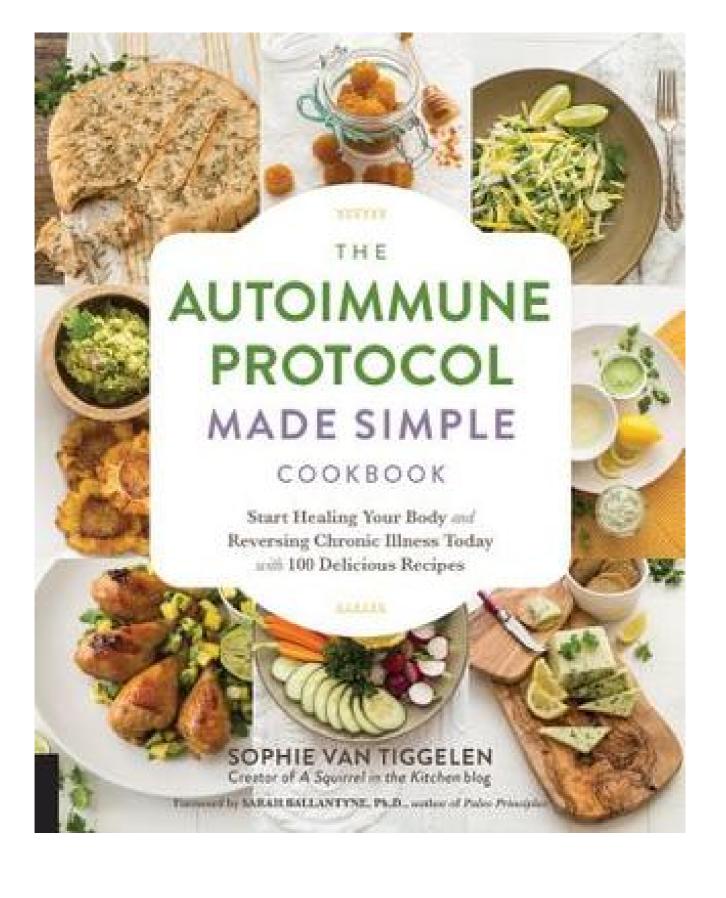
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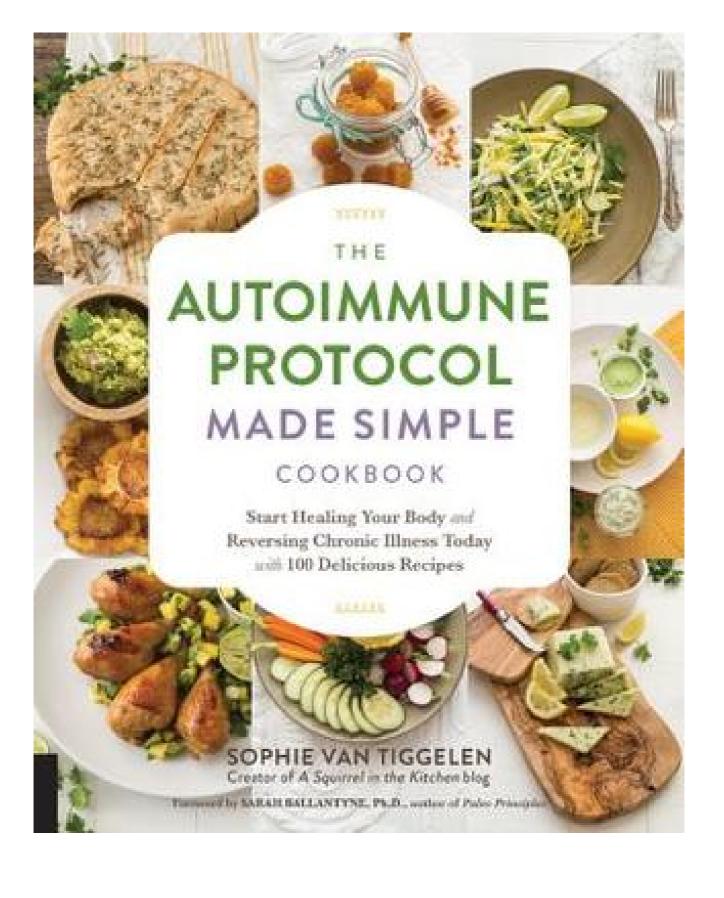
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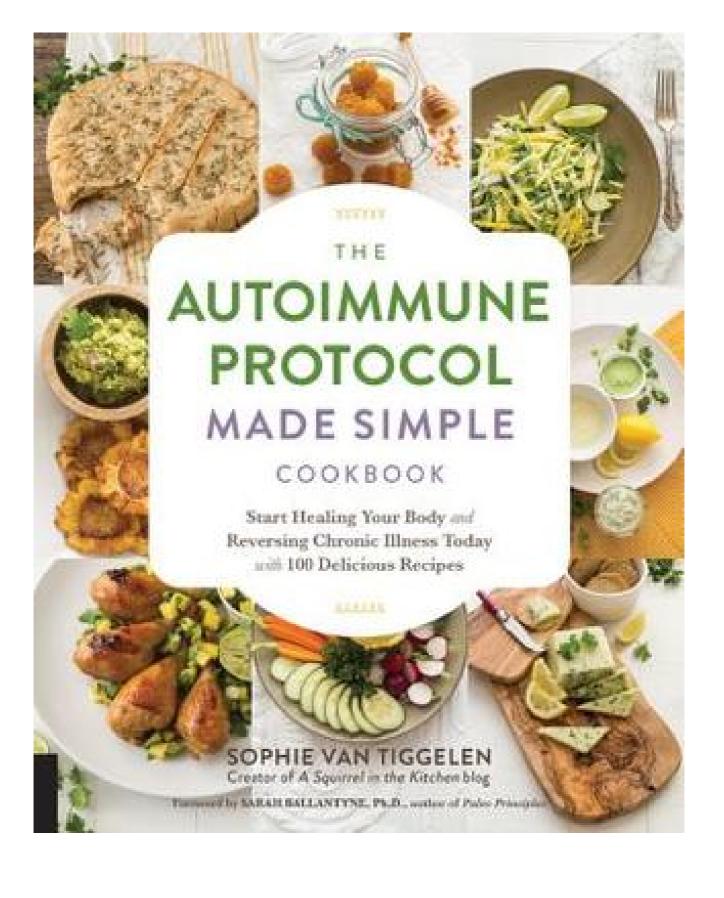


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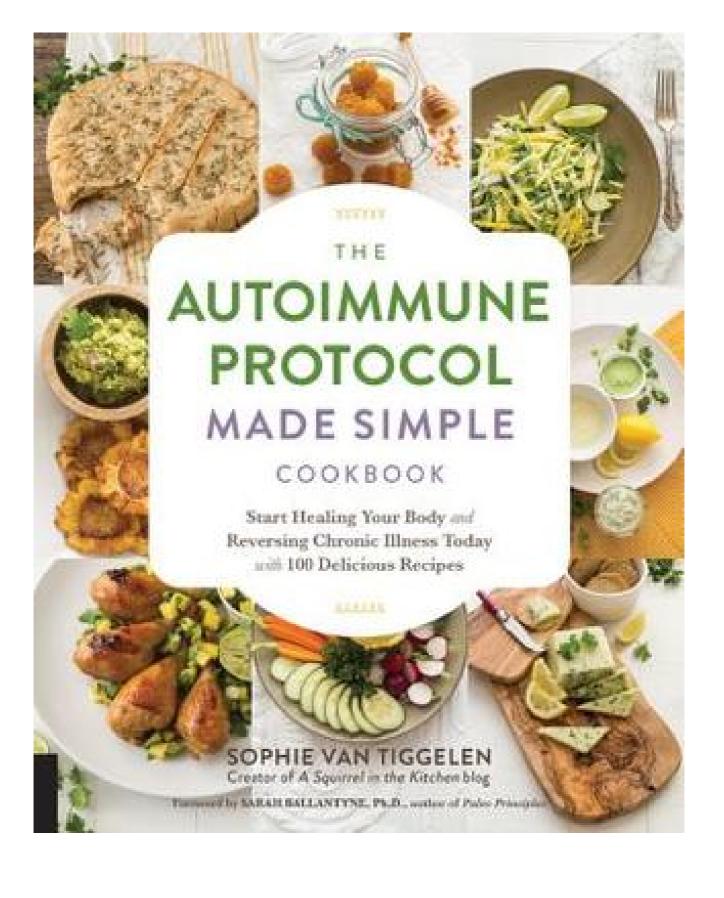
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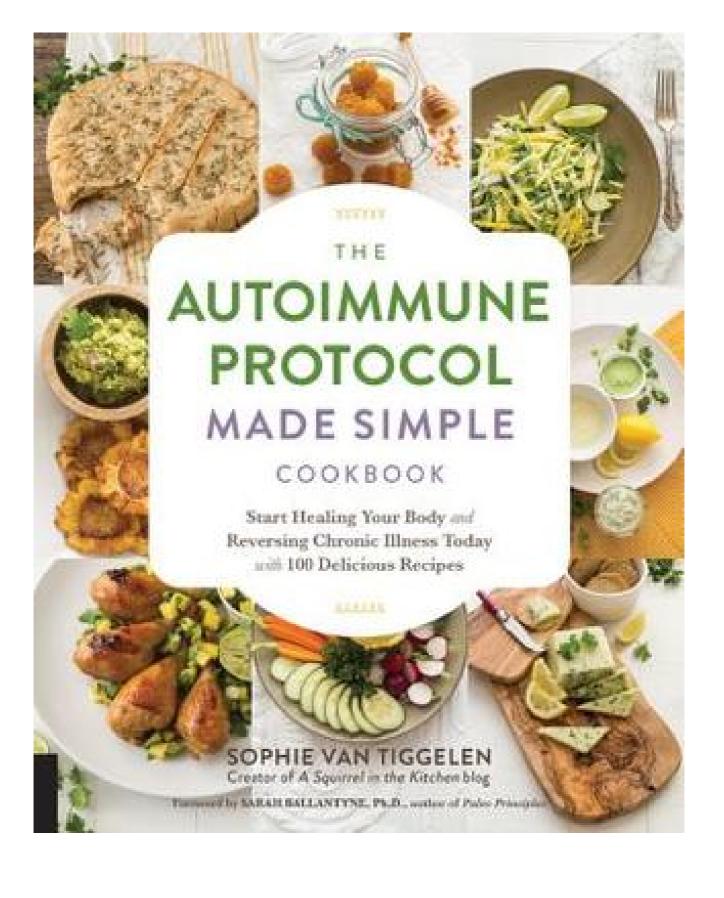
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Description

Written by popular AIP blogger Sophie Van Tiggelen, of A Squirrel in the Kitchen, The Autoimmune Protocol Made Simple Cookbook distills the AIP into the most practical, actionable, need-to-know information in the form of diet guidelines, 100 recipes, shopping lists, as well as simple tools and strategies for success. Mouthwatering color photography provides inspiration throughout. Starting an AIP diet can be overwhelming! This book makes the AIP clear and understandable with short, succinct explanations of the different AIP approaches and 100 AIP-compliant recipes that take you from feeling restricted to being amazed at the diet?s delicious possibilities. Along with a wide variety of nourishing recipes, this valuable resource provides a concise introduction to the AIP and its benefits, tips on transitioning your diet, happy gut guidelines, a list of items to stock in your kitchen, time-saving techniques, foods-to-eat and foods-to-avoid lists, a one-week meal plan, and advice on

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