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From: David Brazier, Cabinet Member For Environment ...

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- At Least 70-80 Oz. Of Water Per Day, If Available, Filtered. Herbal Teas, Green Tea.
- All Gluten Free Grain Foods Made From Rice Millet, Quinoa, Buckwheat Or Tapioca.
- Fresh Fruits (limit To 2 Servings Per Day), Vegetables (see List Of Best Choices). Choose Organic And Local F Apr 3th, 2024

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• The No-Meat Athlete Cookbook By Matt Frazier And Stepfanie Romine (includes Oil Free Modifications) Plant-based Cookbooks (some Recipes Include Oil): • The Oh She Glows Cookbook By Angela Liddon • Quick-Fix Vegan: Healthy, Homestyle Meals In 30 Minutes Or Less By Robin Robertson May 14th, 2024

THE DIGESTIVE RESET DIET - Thrive

The Majority Of Your Food Choices Are Going To Come From The Approved Fruits And Vegetables List-ed In Week 2 Of The Main Written Content. For Sake Of Convenience, I've Listed Those Foods Here: • Strawberries • Raspberries • Blueberries • Blackberries • Elderberries • Cra Jan 13th, 2024

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LOW FERMENTATION DIET/SIBO DIET

4. Nuts Are All Fine. Therefore, Peanut Butter Is Fine. 5. Chocolate Is Allowed But Watch For Milk Chocolate. 6. For Breakfast Cereal, Rice Krispies Are The Most Ideal. 7. Pasta Is All Fine. Gluten Gluten Is A Protein In Certain Grains Like Wheat. Most Things That Have Gluten Have Carbohydrates. A Gluten Free Diet Is A Low Carbohydrate Diet. Mar 14th, 2024

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