

# COOKING CLASS #1

GREAT NEWS!  
YOU DO NOT HAVE TO GIVE UP  
YOUR FAVORITE  
BREAD, SANDWICHES & PIZZA  
TO FOLLOW A 100% PALEO OR  
KETOGENIC DIET...

**TODAY:**  
I REVEAL THE  
**SECRET**  
– SO YOU CAN  
ENJOY  
DELICIOUS  
REAL BREAD  
WITHOUT  
WORRYING  
ABOUT YOUR  
HEALTH, YOUR  
BLOOD  
SUGAR... OR  
YOUR  
WAISTLINE!

IG: @HEALTHIEREATINGTRENDS



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## Cooking Recipes Know Where To Look For Success

Have you ever had the craving for a particular dish or meal, but cannot seem to find a recipe for it? If this sounds like you, there is no need to fret. The fact of the matter is that recipes are available all over the place. Just because you are not a master chef does not mean that you cannot find cooking recipes. If you know where to look for recipes you should never have any problem getting started with your next delicious meal.

### Here Are Three Places That You Can Find Cooking Recipes Without Having To Spend Hours Looking For Them.

1. The most obvious place to find cooking recipes is in a cookbook. Paper recipes are what the majority of people turn to when they are trying to make a dish that they are not familiar with. After all, paper recipes allow you to keep the instructions handy as you move through the process. The good thing about cookbooks is that there are hundreds of them for sale, with each one touching on a unique topic. You can find a cookbook that covers everything from bread making to desserts.
2. When searching for cooking recipes never overlook a good friend. Chances are that if you like to cook, you probably know somebody else that shares the passion. Why not swap recipes so that everybody can enjoy them? Trading paper recipes with a friend are one of the most overlooked ways of finding new dishes to make.
3. Of course, you can search for recipes online. If there is something that you need information on in a hurry, the internet is the place to look. Computer recipes allow you to find what you need without having to buy a single thing. In addition, many people have decided to go the internet route because they can print out the computer recipes and take them to the kitchen. It does not get much easier than that.

Regardless of what type of recipe you are in need of, the fact of the matter is that they can be found in a number of different places. If you do not have luck with one of the options listed above, you can always try the next. And if none of them works for you, why not find your own way of compiling recipes?

The bottom line is that you do not have to be a cooking professional to find quality recipes.





**Chewy Pizza Crusts**



**Breakfast Breads**



**Morning Muffins**



**Sturdy Burger Buns**



**Luxurious Loaves**



**Fabulous Flatbreads**

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## Healthy Dieting Tips

When it comes to dieting you will find all kinds of crazy and faddish diets on the market today. In addition to the many diets, there seems to be every kind of diet aid you can imagine. From shakes, the diet industry has evolved to include everything from candy bars and pudding to pills and patches. Each item makes the claim that it can help you drop those unwanted pounds quickly and easily. Well, I can tell you for a fact there is very little easy for most of us about dropping a few pounds.

**If You Would Like A Few Tips That Should Make Your Weight Loss Goals A Little Easier To Achieve Then Perhaps The Following Tips Will Help You Out.**

### Drink Plenty of Water

There really isn't enough that can be said about the importance of drinking water in an effort to reach your fitness goals. Water hydrates the body first and foremost but water is also an important way of tricking your body into believing it is full. Other drinks do not work nearly as well as water in this endeavour and many drinks, even fruit juices, contain empty calories that you can ill afford when dieting.

Another great thing about drinking a lot of water while dieting is that it helps your skin retain its elasticity so you can avoid some of the 'loose skin' looks that often accompanies massive weight loss. As an added bonus drinking plenty of water will have your skin looking radiant and beautiful as well.

### Set Goals

Having goals is one of the most important things you can do when working to lose weight. Try to make sure that your goals are aggressive but can be achieved. If you are frustrated early in the dieting process by unrealistic goals you are much more likely to give up. However, challenges are always going to inspire us to achieve greater things in life. If you can find a 'weight loss partner' in order to have a little friendly competition for the weight loss totals for a week or a month then you are going to be far more likely to accomplish your goals than if you keep them quietly to yourself.

### Eat More

Did you read that twice? Yes, eat more healthy foods that are high in fibre. Eat more vegetables and fruits-fill up on these foods that are good for you and you will not be inclined to binge on calorie-laden junk food.





Thank  
You

