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Recipes for the specific carbohydrate diet

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The Specific Carbohydrate Diet whose 1987 book Breaking the Vicious Cycle: Intestinal Health Through Diet outlines the diet and provides guidelines and recipes.

Cooking for the specific carbohydrate diet {about

About the book. Cooking for the Specific Carbohydrate Diet is a collection of recipes and tips that follow the guidelines for a diet developed by Elaine Gotschall

Basic muffins(almond flour, scd) recipe |

Submitted by: ALLISONS69 Introduction From the Specific Carbohydrate Diet, Low Carb and gluten free. Add grated zucchini or carrots and spices and vanilla.

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Specific carbohydrate diet (scd): recipes -

This is an index of all the recipes on eatkamloops.org that are safe for someone on the Specific Carbohydrate (SCD/GAPS) Diet.

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