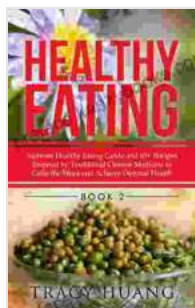


# Summer Healthy Eating Guide and 60 Recipes Inspired by Traditional Chinese Cuisine

Summer is a time to enjoy the outdoors and all the fresh fruits and vegetables that are in season. But it can also be a time when we overindulge in unhealthy foods and drinks. That's why we've created this Summer Healthy Eating Guide and 60 Recipes Inspired by Traditional Chinese Cuisine.

This guide will teach you the principles of Chinese dietary therapy and how to incorporate them into your summer diet. You'll learn about the importance of eating seasonal foods, staying hydrated, and avoiding processed foods and sugary drinks.

The recipes in this book are all healthy and delicious, and they're perfect for summer. They're made with fresh, seasonal ingredients and they're all easy to make.



## Healthy Eating: Summer Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Calm the Mind and Achieve Optimal Health by Tracy Huang

★★★★★ 5 out of 5

Language : English  
File size : 4627 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 171 pages  
Lending : Enabled



So whether you're looking to lose weight, improve your health, or simply enjoy the summer season, this guide has something for you.

Chinese dietary therapy is a system of eating that is based on the principles of traditional Chinese medicine. It believes that food is medicine and that the foods we eat can have a profound impact on our health.

The principles of Chinese dietary therapy are:

- **Eat seasonal foods.** Seasonal foods are foods that are in season in your area. They are the most nutritious and flavorful foods available.
- **Stay hydrated.** It is important to stay hydrated, especially during the summer months. Drink plenty of water, tea, or other healthy fluids.
- **Avoid processed foods and sugary drinks.** Processed foods and sugary drinks are empty calories that can contribute to weight gain and other health problems.
- **Cook your meals at home.** Cooking your meals at home gives you control over what you eat. You can choose healthy ingredients and avoid processed foods and sugary drinks.

Summer is a time of abundance when it comes to fresh fruits and vegetables. Some of the best summer foods include:

- **Fruits:** Berries, cherries, peaches, plums, watermelon
- **Vegetables:** Tomatoes, cucumbers, zucchini, peppers, eggplant

- **Herbs:** Basil, cilantro, mint, parsley

These foods are all packed with nutrients and antioxidants that can help you stay healthy and energized all summer long.

This book includes 60 delicious and healthy recipes that are perfect for summer. The recipes are all made with fresh, seasonal ingredients and they're all easy to make.

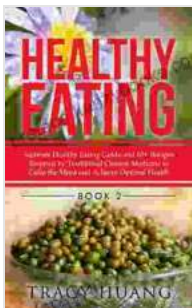
Some of the recipes included in this book are:

- **Appetizers:**
  - Chinese Chicken Salad
  - Spring Rolls with Peanut Sauce
  - Edamame with Sea Salt
- **Main Courses:**
  - Stir-Fried Beef with Broccoli
  - Sweet and Sour Chicken
  - Kung Pao Chicken
- **Side Dishes:**
  - Steamed Rice
  - Stir-Fried Vegetables
  - Eggplant with Garlic Sauce
- **Desserts:**

- Mango Sticky Rice
- Green Tea Ice Cream
- Almond Cookies

This Summer Healthy Eating Guide and 60 Recipes Inspired by Traditional Chinese Cuisine is the perfect way to enjoy the summer season while still eating healthy. The recipes are all delicious and easy to make, and they're packed with nutrients that will help you stay healthy and energized all summer long.

So what are you waiting for? Free Download your copy of this book today and start enjoying the summer season the healthy way!



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