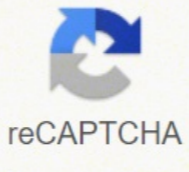




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The paleo approach recipes

Crock pots are a great option for quick, easy, low calorie meals to help make healthy living easier! Traditionally crock pots are known for making soups, stews, chilis, curries, and other one pot meals. Crock pots can also be used to prepare meats, beans, legumes, veggies, oatmeal, rice, quinoa, and other grains. While most crock pot recipes take a few hours to cook, the prep and clean up times are usually minimal.
Low Calorie Crock Pot Recipes Here are our top 8 picks that delicious and nutritious, coming it at under 300 calories per serving:
Crock pot maple cinnamon steel cut oatmeal: This delicious recipe is sweetened with maple syrup and is perfect for a grab-and-go breakfast to keep you full until lunch!Slow cooker mediterranean frittata: Breakfast just got a whole lot simpler with this flavorful frittata recipe. Prep it at night and it'll be ready to eat in the morning.
Crock pot chicken noodle soup: Don't wait to be sick to make this delicious chicken noodle soup recipe! At 245 calories per serving, this hearty soup is a light and satisfying lunch.Slow cooker turkey chili: Your favorite superbowl dish got a healthy makeover. We promise it doesn't taste healthy!Mexican stuffed peppers: Take a trip across the border with this delicious, nutritious dish. Top it with sour cream and avocado and you've got yourself the perfect meal.Crock pot low-fat beef stew: Enjoy this veggie-packed, lightened up crock pot classic.Slow cooker jambalaya: This crock pot jambalaya recipe packs on the flavor without the calories.
Triple berry crisp: Slow cooker dessert? Yes, please. Add a scoop of low-fat vanilla ice cream and it still comes in at under 300 calories! What's the difference between a crock pot and a slow cooker?
A "crock pot" is a type of slow cooker which is most often made of ceramic or porcelain, while slow cookers traditionally have a metal pot. "Crock pot" describes a brand of slow cooker that has come to dominate the market. For more than 30 years, delicious living has been a trusted voice online and in print for the natural health community. delicious living meets modern needs with contemporary natural health care methods and expert advice, covering everything from health trends to natural beauty to healthy cooking. It's powered by North America's largest natural health and wellness publisher: Alive Publishing Group. If you want to get on board with a diet that tastes good and has bona fide health benefits, then you've found your match in the Mediterranean diet.Not only did U.S. News and World Report rank it as the best diet overall in 2019 for being sensible and putting a smart emphasis on good-for-you foods without restriction, but it's a traditional diet that's been around for centuries — and it's delicious, too. "The Mediterranean diet is all-inclusive, sustainable, and something that you really can follow. It's not so prescriptive that it's prohibitive," says Rachel Berman, RD, CDN, New York City-based author of the Mediterranean Diet for Dummies.Furthermore, the Mediterranean diet emphasizes eating with loved ones together, around a table. In that sense, you can think of the Mediterranean diet as a lifestyle as much as a diet. It's one that people in many countries around the Mediterranean Sea, like Greece, Turkey, and Italy, have followed for centuries, Berman says. "Many of these areas are home to 'Blue Zones,' or places in the world where people live longer and healthier than others," says Berman. Of the original Blue Zones — home to the greatest percentage of people who live to 100 — two are located in the Mediterranean — Sardinia, Italy, and Icaria, Greece.RELATED: A Complete Mediterranean Diet Food List and 14-Day Meal PlanThe Mediterranean diet is a mostly plant-based eating style that emphasizes pulses like beans and lentils, vegetables (particularly dark leafy greens), fruits, nuts, seeds, and olive oil, along with fish, and a little meat and dairy, explains Elena Paravantes-Hargitt, RD, a nutritionist based in Greece who specializes in the Mediterranean Diet, and founder of OliveTomato. "Research shows that it's not only a heart-healthy diet and associated with longevity, but it's protective from certain cancers, as well as cognitive disorders like Alzheimer's disease," she says. The foods incorporated into the eating plan are rich in anti-inflammatory substances, which plays a role in decreasing your risk for disease, she adds.But it can be tough to start a Mediterranean diet — especially if you don't consider yourself a wiz in the kitchen. Luckily, one of the hardest things you'll have to do is soak beans in water overnight.Here are 10 Mediterranean diet recipes for beginners to add to your repertoire:When you're new to the Mediterranean diet, one way to make a big impact on your eating habits (and health) is to consume more beans and lentils. This recipe, which makes for a hearty lunch or dinner, features a base of delightfully chewy farro, lentils, and chickpeas, topped with veggies, avocado, Kalamata olives, and feta — plus a bright lemony garlic dressing. Even better: You can easily save leftovers for a quick throw-together meal the next day.Get the recipe at The Mediterranean Dish.RELATED: 8 Scientific Health Benefits of the Mediterranean DietBeans make for a wonderfully complete meal — especially when you serve crusty whole-grain bread on the side. The additional step of using dried beans may not be something you're used to, but their impossibly silky texture makes every bit of extra foresight worth it.Get the recipe at Olive Tomato.If you're stuck in a breakfast rut, let us introduce you to the Mediterranean breakfast board. Rather than whipping up pancakes and eggs on a Sunday morning, assemble a beautiful board of Mediterranean favorites, like sliced cucumber and tomatoes, pita, falafel, cubes of feta, hummus, and marinated olives, artichokes, and mushrooms. Let everyone go to town creating their perfect plate.Get the recipe at The Mediterranean Dish.If ever a recipe deserved an award for most beautiful, this would be it. And the sheer fact that it's eye candy will get you excited about making this dish. In this one, peppery baby arugula is matched with sweet oranges, creamy goat cheese, and crunchy almonds and radishes. Pair alongside a piece of roasted white fish, and you've got a light but filling meal.Get the recipe at Cookie + Kate.This recipe is quick thanks to the use of canned beans and canned or frozen artichoke hearts. And if you don't use artichokes regularly in your cooking, this is a great intro to the amazing fiber-packed hearty veggie. You won't even miss meat.Get the recipe at Tasty Mediterranean.Weeknight dinners are tough. That's why a dish that takes just 25 minutes (including prep) is a lifesaver. Plus, there's just one sheet pan involved, so cleanup is a breeze. The Mediterranean Dish is known for creating high-flavor meals out of simple ingredients, and this one is no exception: Asparagus, cherry tomatoes, onion, and shrimp marinate in olive oil, cumin, garlic, and sumac, and are then roasted until caramelized in the oven.Get the recipe at The Mediterranean Dish.RELATED: Mediterranean Diet May Help You Sleep Better, Study FindsGrain-based salads are perfect for toting to work. Cook a big pot of farro (you'll love it even more than brown rice), then toss with roasted cauliflower and salty Kalamata olives, sundried tomatoes, and feta. When set atop a bed of greens, this will be your new favorite way to eat a salad.Get the recipe at Cookie + Kate.You probably knew going into that pasta was definitely included in a Mediterranean diet. This recipe uses whole-grain pasta and encourages the chef to cook the noodles al dente — this slight "undercooking" lowers the glycemic index of the noodles, meaning they are digested slower and you won't get a big blood sugar spike and then crash. Choosing whole-grain noodles helps you avoid this crash, too!Get the recipe at Tasty Mediterranean.There are just five basic ingredients that go into this stew — chickpeas, onion, garlic, bay leaf, and olive oil — but when it's drizzled with olive oil and a squeeze of lemon at the end, you'll want to eat this for lunch every day. It's a hearty stew that's packed with protein and fiber from the chickpeas.Get the recipe at Olive Tomato.RELATED: 8 Budget-Friendly Ways to Follow a Mediterranean DietIf you're lost looking where to begin when it comes to cooking fish, ditch the pan and throw a fillet into the oven. For this recipe, all you have to do is put the fish on a sheet pan and cover with the garlic-cilantro sauce and bake. It'll come out perfect every time. And that's exactly what you need as an intro to fish.Get the recipe at The Mediterranean Dish. Updated Oct 1, 2021 The autoimmune protocol diet (AIP diet) can be incredibly beneficial for people dealing with autoimmune conditions. Did you know that autoimmunity is one of the top ten causes of fatality in females under sixty-five years old? According to the National Institutes of Health, autoimmune disorders affect over twenty-three million people in the United States each year. Thankfully, this can be managed with the AIP diet. Check out our AIP Meal Plans. These plans are a simple, sustainable way to follow the autoimmune protocol diet. Autoimmune disorders include hundreds of medical conditions that are due to the body's own immune system attacking its own organs. For example, thyroiditis is an attack on the thyroid gland. Crohn's disease attacks the gastrointestinal system, multiple sclerosis attacks the nervous system, and lupus primarily attacks the kidneys. One of the most frustrating things about autoimmune conditions is that there is no curative treatment for them. Current therapies are often aimed at managing the symptoms alone. By using food as medicine, autoimmune protocol diet (AIP) followers are able to reduce troublesome symptoms and heal underlying imbalances by decreasing inflammation and healing gut dysfunction. The diet focuses on a nutrient-dense intake and eliminates inflammatory and allergenic foods to support the body in cooling down the immune system (which is what's going awry). The take home point about the autoimmune protocol diet is that if you have an autoimmune issue, you most likely have a poorly functioning digestive tract. Because your gut is not in the best shape, byproducts of all of the things passing through your intestines are leaking through your gut barrier into your blood stream, causing your immune system to respond. This concept is fundamental to understanding why the AIP works in decreasing inflammation and immune system stimulation. For more information on Celiac disease, an autoimmune condition, check out: The Ultimate Guide to Celiac Disease What Are Autoimmune-Related Diseases Because many people with autoimmune-related disease have what is know as "leaky gut", I'd like to touch on that real quick. Leaky gut is when bacteria, toxins, waste, or incompletely digested protein and/or fats enter the blood stream because of poor intestinal permeability, causing autoimmune reactions. 80% of the immune system is found in the gut, and much of the focus on avoiding or reducing the effects of autoimmune-related diseases is on healing your digestive system. The GI tract doesn't just digest and absorb nutrients; it also contains neurotransmitters, hormones, enzymes, and chemical messengers that deliver information to your brain. For most people, adherence to a strict (and by strict I mean strict) paleo diet for three to four weeks, paired with a more mindful eating approach, will usually alleviate any ailments and help them become healthy again. You can find a list of paleo-approved foods right here to help you get started on this. But - if you do struggle with an autoimmune condition - the autoimmune protocol diet will be beneficial for you. What Is The Autoimmune Protocol Diet? So what CAN you eat? Well, you're in luck. We've put together an awesome graph that shows you the ins & outs of this paleo variation so you can stay on track and stay healthy! Food GroupAVOIDEAT MEATSFactory farmed meats, farm raised seafoodBeef, Bison, Chicken, Turkey, Boar, Wild Caught Fish, Game Meats GRAINSOats, Rice, Millet, Quinoa (a pseudo grain), Wheat, all GlutenNone LEGUMESAll Beans (not including string beans or snap peas), Soy/Edamame and Peanuts/Snap Peas, String Beans, Haricot Vert VEGETABLESAvoid Nightshades, Eggplant, Tomatoes, Onion, White Potatoes, Gogi Berries, and all pepper based spices like cayenne, nutmeg, paprikaEverything else! Asparagus, Brussels Sprouts, Cabbage, Leafy Greens, Broccoli Cauliflower, Cucumber, Beets, Squash, Carrots, Sweet Potatoes and many more FRUITNoneAll fruits are permitted. *To keep daily fructose intake reasonable try to stick to a max of 2-3 pieces of fruit per day DAIRYCheese, Yogurt, Ghee, Butter, Ice Cream, Half and HalfCoconut milk (without additives) EGGSAll kindsNone NUTS AND SEEDSAlmonds, Cacao, Coffee Cashews, Macadamias, Sunflower Seeds, Pumpkin Seeds, Chia Seeds, Sesame SeedsNone FERMENTED FOODSFermented Soy productsKombucha, Sauerkraut, Kimchi, Kefir made with water/coconut water SUGAR AND SUGAR REPLACEMENTAll sugars! Sugar, HCFs, coconut sugar, date sugar, corn sugar, stevia, agave, molasses and limit honey and maple syrupNone FATSAll Butter & ghee, all Margarines, Canola Oil & all other seed oilsAvocado, Avocado Oil, Coconut Oil, Lard, Fat, Olive Oil FOOD ADDITIVESCarrageenan, Guar Gum, Aspartame, Benzoic acid, MSG, Sulfates/Sulfites, Nitrates/NitritesNone NSAIDSIbuprofen, Naprosyn, Naproxen sodium, ketorolac and othersNone ALCOHOLBeer, Liquor, even sugar alcohols and extracts (like vanilla extract)None (Sparkling water and Kombucha are great party-substitutes!) Here's table in graphic form (you can save it and download it for quick reference). How To Follow The Autoimmune Protocol Diet The autoimmune protocol diet can feel overwhelming at first. Luckily, we hope to arm you with information to make this a little less scary. Follow these tips people to successfully stick to the AIP diet. Start with basic paleo principles No gluten, no grains, no legumes, no dairy, no sugar, and no alcohol. You've got that down already. Gluten is inflammatory for the gut and should be removed from the diet of anyone with autoimmune disorders. Grains and legumes are removed to avoid anti-nutrients like phytic acid and inflammatory lectins. Sugar and alcohol are removed because they are highly inflammatory and do not bring any nutritional value or healing properties to the table. If you need a refresher on Paleo, check out our Paleo 101 Starter Guide. Avoid nightshade vegetables Vegetables such as peppers, eggplant, and tomatoes have been found to be particularly inflammatory, causing joint pain, skin irritation, and gut discomfort. Avoid eggs Eggs are eliminated because the proteins and enzymes in eggs (and in the white in particular) are able to work their way through the gut lining during the digestion process. Although this can occur in healthy people as well, in those with autoimmune conditions, the egg particulate matter gets through the barrier of the gut lining easily and infiltrates the blood stream, causing immune system stimulation and reactivity. Avoid all nuts and seeds Nuts and seeds are high in anti-nutrients such as lectins and phytates. They are one of the most allergenic types of foods and can cause sensitivities in people struggling with autoimmunity. Additionally, the ratio of omega-3 to omega-6 fatty acids is suboptimal in most nuts and seeds. In fact, nuts contain a high amount of omega-6 fatty acids, which are pro-inflammatory. Keep fruit to a minimum Try to keep fruit to one to two servings per day. This keeps blood sugar levels stable and also helps you avoid taking in too much fructose, which can be irritating for the gut. Avoid food additives like guar gum and carrageenan These additives bring no health benefits and contribute to leaky gut. Other additive like nitrates are inflammatory for the body and can also be allergenic. Avoid non-steroidal anti-inflammatory medications Avoiding NSAIDs is about attempting to heal the gut lining, as this is critical in managing autoimmune disorders. This can be tricky because many medical regimens for autoimmune disorders such as rheumatoid arthritis, chronic pain syndromes, and acute bouts of thyroiditis use NSAIDs. Before removing these medications from your regimen, discuss this with your medical provider. How Long Should I Follow The AIP Diet? One key to AIP success is to focus on following the diet for a set period of time and to track your symptoms over a number of weeks. How long you choose to stay on the AIP is 100% up to you and should depend on how you feel following the diet. A strict elimination period of at least thirty to sixty days is recommended, but many people stay on the protocol for months until they start seeing the resolution of their autoimmune symptoms. By setting a timeline for your elimination diet, you can focus on the healing aspect of the diet and stay motivated with an endpoint in sight. The 4R Approach to the AIP Diet I like the 4R approach for avoiding and improving autoimmune-related diseases. Remove all toxins and gut irritants like alcohol, caffeine, drugs (over the counter, antibiotics, etc.), gluten, dairy, corn, soy, legumes, industrial seed oils, and sugar.Replace with healthy and healing foods like those found on the paleo diet, super foods like bone broth, and fermented foods.Repair with specific supplements such as L-glutamine, zinc, omega-3s, and vitamins A, C, D, and E.Restore with healthy bacteria and probiotics (25-100 billion units), digestive enzymes, hydrochloric acid, and soluble fiber. How To Reintroduce Foods on the AIP Diet While the AIP diet may help you to find out which foods you react to, the strict autoimmune protocol is not necessarily meant to be followed for life. After removing some or all of these foods for three to four weeks, you can then start to reintroduce them very slowly and one at a time. On the first day of reintroduction, you may decide to include some dairy, like cheese. After this first day of reintroduction, you'll want to wait two to three days before reintroducing another food. This is because it can often take 24-72 hours for your body to have a response to what you have eaten. Aside from some of the more obvious physical reactions, make sure to pay attention to things like your mood, energy, sleeping habits, digestion, headaches and sinuses, bloating, and cognitive function. It's a great idea to use a journal throughout this process to record your results, measure progress, and to refer to later on. Final thoughts on the AIP Diet The autoimmune protocol diet can be a strict protocol to follow, but the rewards can pay off big time. Have you tried it before and had success? Let us know your experiences with AIP in the comments. Check out our AIP Meal Plans. These plans are a simple, sustainable way to follow the autoimmune protocol diet. Bonus - traveling to another country? We love these gluten-free cards from Legal Nomad that will help you communicate your need for gluten-free foods in different languages. Check them out!

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