

The Yeast Free Cooking Manual

More and More research is being done about yeast, and other food allergies and intolerances. And, more and more symptoms are being identified. Symptoms that for years were attributed to other causes. Eliminating Yeasty foods will improve your health and could lessen or even eliminate some or all of these symptoms and diseases:

Sugar cravings
Weight Gain
Food allergies
Headaches
Diarrhea &/or Constipation
Abdominal pain
Bloating and gas
Swollen joints
Aches and pains
Brain fog
Sluggishness
Depression

Skin problems such as rashes,
eczema and psoriasis
Attention Problems
Memory & Concentration
Problems
Asthma
Autism
Arthritis and other autoimmune
diseases
Chronic Vaginal Yeast
Infections
Chemical Sensitivities

Crohn's Disease and other
abdominal difficulties
Fibromyalgia
Thrush
"Hangover" symptoms
...and more added all the time!

Fiesta Chuck Roast

Origin: The Cooking Diva – Lori Winders

Prep Time: 10 minutes

Cooking Time: 4–6 hours

Ingredients:

- 4–5 pound organic, natural chuck roast (preferably grass fed)
- 1 Tb onion powder, or 1 small onion chopped
- 1 tsp ground cumin
- 1 clove garlic, minced
- 1 can of Rotel tomatoes, or 12 – 16 ounce jar of “no-vinegar”, organic salsa

Directions:

Put a 4–5 pound chuck roast in the slow cooker. Sprinkle it with salt and pepper.

Add 1 Tb. Onion Powder or the small onion, 1 tsp. cumin, and 1 clove of garlic. Pour a can of Rotel tomatoes, or the salsa over the top and cook on high for 4–6 hours until the roast is falling apart.

Serve over broken tortilla chips – soup style. Or, serve on a bed of lettuce with a few broken tortilla chips thrown in for crunch. Sooo good! I also topped mine with a big dollop of fresh guacamole.

You could also add in some frozen corn, black beans or any other Mexican type veggie during the last 30 minutes.



Lori Winders, "The Cooking Diva," is an international cookbook author, online entrepreneur, speaker and founder of [Cooking What's Left](#).

She knows what it is like to sit across from a doctor telling her what all she can't eat any more because she is "allergic." And, asking the question, "What's Left?"

She also knows that America is killing itself slowly with our fast-food, unhealthy, toxic laden diet. There are too many people young and old being diagnosed with auto-immune disorders, diabetes, Alzheimer's, lupus, fibromyalgia, cancer, and the list goes on. Something has to change.

Her goal is to make healthy eating quick, easy and available to anyone who wants to make the change. Keep up to date on the latest from Lori here at her blog...[The Cooking Diva](#).

Send us your favorite recipes and give the Diva a chance to convert it into a healthy, quick and easy recipe that you and your whole family will enjoy. Also, let us know of any allergies and ingredients that you need substitutions for. And, share your healthy recipes with us. Contact Us by [Clicking Here](#).