BONUS: Find Dozens of Additional Recipes That Are Safe For Your Program and Take 30 Minutes or Less To Prepare
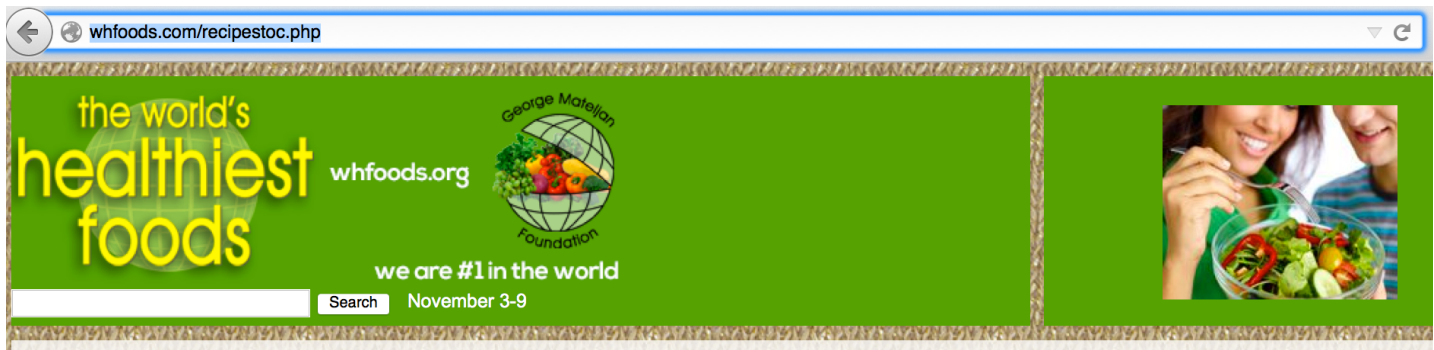
Go to http://whfoods.com/recipestoc.php

The Recipe Assistant.

Are you interested in customizing your search for WHFoods recipes? Then use our innovative Recipe Assistant. With this easy to use tool all you have to do is select foods that you want to be included or excluded (e.g., if you are lactose intolerant, you choose to identify recipes without milk) and it will provide you with a list of recipes meeting your criteria. Also, if you want to identify recipes that feature concentrated amounts of specific nutrients, the Recipe Assistant can do this too.

How to Make Multiple Selections

To make multiple selections on the "Foods to Include" or "Foods to Exclude" list, hold down the control key (on a PC) or Apple key (on a Mac) and click on the different foods that you would like to choose. You can make only one selection in the "Nutrients to Require" list.

Scroll halfway down the page until you find the recipe assistant. It looks like this...

You'll see Foods to Include on the far left. Click on any foods that are in your acceptable food list {hold down the CTRL (Windows) or Command (Mac)} to select multiple foods you want to include.

- or -

Even easier is to click on the middle column *Foods to Exclude* {hold down the CTRL (Windows) or Command (Mac)} to select multiple foods you want to exclude. You can select foods in both categories if you'd like.

Once you have either included and/or excluded your specific foods then click on the **submit tab**.

The World's Healthiest Foods website recipe tool will generate dozens of recipes for your given food choices in the following categories: Breakfast, Salad Entrees, Soups, Fish, Chicken and Turkey, Lean Meat, Vegetarian Entrees, Side Salad/Dressings, Side Vegetables and Desserts. Enjoy!

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