

Dr. Akilah's

Fibroid Shrinking Recipes

ebook

**Delicious, Nourishing Recipes
for Natural Fibroid Shrinking**



A FRESH GUIDE TO EATING HEALTHY FOR WOMB HEALING

Fibroid Shrinking Recipes

Delicious, Nourishing Recipes
for Natural Fibroid Shrinking



Written by:

Dr. Akilah El

Naturopathic Doctor and Master Herbalist

Table of Contents

Preface		1
Breakfast		2
Lunch		7
Poultry Recipes	8	
Seafood Recipes	11	
Vegetarian Recipes	14	
Vegan Recipes	17	
Dinner		20
Poultry Recipes	21	
Seafood Recipes	24	
Vegetarian Recipes	27	
Vegan Recipes	30	
Soups		33
Poultry Recipes	34	
Seafood Recipes	37	
Vegetarian Recipes	40	
Vegan Recipes	42	
Salads		44
Poultry Recipes	45	
Seafood Recipes	47	
Vegetarian Recipes	49	
Vegan Recipes	51	
Snacks		50
Desserts		
Juices		64
My Gratitude		68