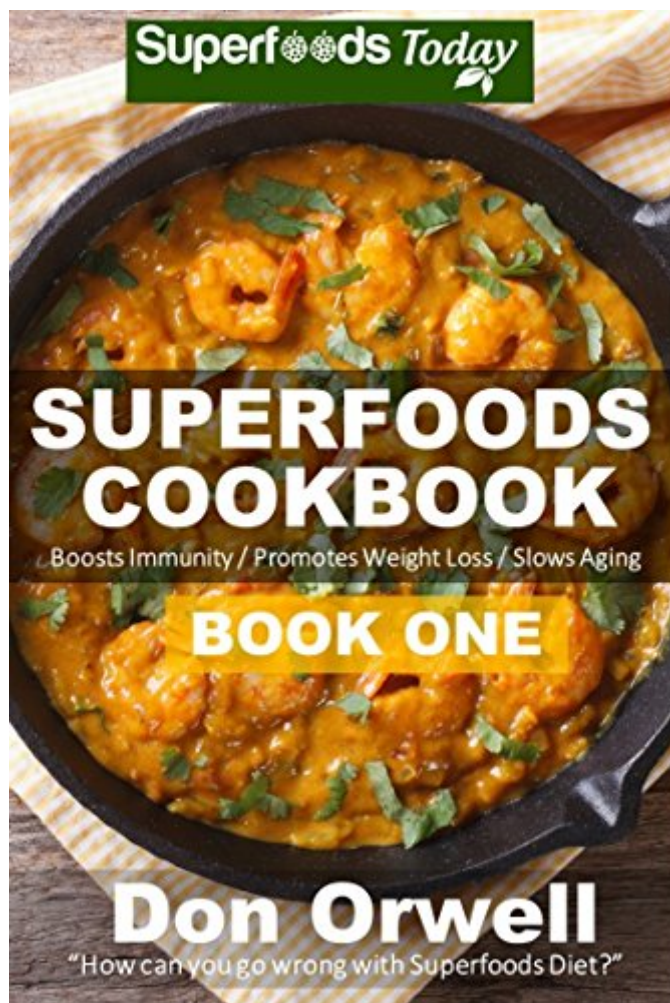


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Superfoods Cookbook: Over 95 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 29)





Synopsis

How Can You Go Wrong With Superfoods-Only Diet? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer. These are all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Superfoods Cookbook - Book One contains over 95 Superfoods recipes created with 100% Superfoods ingredients. This 230+ pages long book contains recipes for: Appetizers Soups Condiments Breakfast Grilled meats Side dishes Crockpot recipes Casseroles Stews Stir fries Most of the meals can be prepared in just 10 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more.

“Our Food Should Be Our Medicine And Our Medicine Should Be Our Food.” - Hippocrates 460 - 370 BC

The best thing about Superfoods Diet is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because it returns us to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or today's hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesn't restrict any major type of food. It features:

- Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado
- Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils
- Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat
- Simple non-processed Dairy: Greek Yogurt, Farmer's Cheese, Goat Cheese
- Antioxidants: Garlic, Ginger, Turmeric, Cocoa, Cinnamon, Berries

Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will:

- Start losing weight and boost energy
- Get rid of sugar or junk food cravings
- Lower your blood sugar and stabilize your insulin level
- Detox your body from years of eating processed foods
- Lower your blood pressure and your cholesterol
- Fix your hormone imbalance

and boost immunity → Increase your stamina and libido → Get rid of inflammations in your body Would You Like To Know More?Download and start getting healthier today.Scroll to the top of the page and select the buy button.

Book Information

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Customer Reviews

This was a very inspiring cookbook. I love how he talked about his journey into weightloss and a healthy lifestyle through real food and super foods. By avoiding the processed foods in the store and eating whole and healthy foods, he was able to transform his health and his life. This is what I am hoping to do. Healthy foods don't have to be flavorless. This cookbook has the basics and the more complex when it comes to healthy and flavorful foods. Some of these recipes I have made, and I absolutely love. Things like the homemade chicken stock, guacamole, and hummus. There are other recipes such as the homemade curry paste that I am excited to try out. This is a great book full of amazing recipes. I received this free in exchange for my review.

Superfoods Cookbook: Book One: Over 75 Recipes of Quick & Easy Cooking, Low Fat Cooking, Gluten Free Cooking, Wheat Free, Low Cholesterol, Whole Foods ... cookbook - weight loss plan for

women 29)Discusses different things, exercise, food intake and how to get your body in balance-exercise. Lots of photos showing before and after pictures.Which foods will help prevent different illnesses, different vitamins and minerals,Recipes that also tell you which allergies the dish will help fight against. Pictures and some nutritional information is provided.Lots of references and other works by the author are highlighted at the end.

My husband and I were trying to loose weights and eating healthy and good food without a strict diet is what we need.This is very helpful and most of all my husband and I loves the food recipe that I learn from here.They are quick and easy to prepare.I followed some of the recipe and they are all fantastic.I made one dish one time and take it to the party and my friends likes at and I received compliments about it.My husband and I just got married last january and I am not really good in cooking at all but having this in my kindle helps me a lot to make and prepare yummy dishes for my husband and myself.I am glad I found this e book because its been a lot of used.I would recommend this absolutely to make healthy and yummy dishes like a pro!! received this product for free in exchange of my honest and unbiased review.

Let me start with, I received this book for free in exchange for a honest review. That being said, for me, this book is just OK. I thought it was going to be a cookbook. Meaning lots of recipes with information about superfoods and benefits of them. Now, although it does have a lot of useful information, it feels more like the story of one mans journey to be healthy rather than an actual cookbook. I found myself skimming through a lot of the personal crap to get to the informative stuff and that was a bit annoying. When I did, I enjoyed it. The recipes are OK as well. I like that there are a good variety of simple and more complicated recipes. I like they threw in some ethnic recipes as well. They have vegetarian recipes, meat recipes, it's honestly a good collection of healthy, fairly easy meals to make. So I do like the recipe collection. But, it's still not a cookbook, in the sense that cook books are just a collection of recipes with a small amount of story/educational information in it. This is more of a personal story, with recipes added as a bonus. But for me, it was free. So I can't really complain too much. I would recommend it to people who want to learn some useful information on superfoods and don't mind a personal journey story to go along. But as a cookbook, if that's strictly what you want, go to pinterest and type in "superfood recipes" and skip the life story.

So this book didn't take me long to read. It took about ten min to read this book. It is full of all kinds of different recipes that have the list of ingredients that tend to be all the same. The main ingredients

are all different but the oils, flours, and stuff like that are a lot the same. So you will be able to cut the cost by just needing a few different ingredients that are different. I think the author thought very hard on what recipes to put in this book that has all the good fats and carbs in them. I like a lot of these recipes that they put in here. I am looking forward to trying some of these out this week for dinner. I received this book at a discount for my honest opinion and unbiased review.

Easy to read with valuable information on foods that are rich in antioxidants readily available and not costly. The author explained the progression of numerous health problems and the diets he tried with varying degrees of success. He also gives both vitamins to try in place of some super foods as well as the glycemic index. To top it off not only does he give personal familial issues resolved with super foods but gives many simple recipes to try. I am anxious to see how my health will improve.

This has some really great recipes. If you're looking for a simple cookbook without obscure, expensive ingredients that you'd have to order online, this is for you. Especially if you have recipes that you can serve to your family. I like the different types of cuisine recipes it offers. In the mood for stir fry, breakfast, or hummus, it has all of them! It's full of unique recipes I haven't seen on or in other healthy food sites or cookbooks. The ingredients call for affordable things that you can find in any grocery store. One of the best things is that each recipe is labeled for what diet it follows, gluten free, vegan, dairy free, etc! Some of the recipes even have the nutritional facts on them, which is really nice. The recipes even have photos, letting you know what the meal looks like. Simple easy recipes and all the benefits and explanations behind the meals are in the back of the book. It explains some of the ingredients and why some things are left out, and what's best for different types of conditions and ailments. The only thing this book left out is dessert. I would have enjoyed a healthy dessert chapter but I understand why it was left out. Overall, great for those who want to be healthier, looking for meal plans for different diets, especially those who have a family to make dinner for!

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