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Alkaline Diet: Soup Recipes: Supercharge Your Health, Beat Inflammation, And Lose Weight! (Alkaline Diet, Clean Eating Book 1)

ALKALINE DIET



Synopsis

Alkaline Soup Recipes- Beat Inflammation, Stimulate Healing and (if desired) Start Losing Weight without Feeling Deprived...It's all about healthy and nutritious alkaline recipes that are super easy to prepare and will give you the energy you deserve. They are perfect for all occasions, offer a variety of taste, are jam-packed with minerals and vitamins to rejuvenate all the cells of your beautiful body to look and feel amazing. Most people already know that eating more veggies and natural, plant-based foods is good for them. But the question, "OK, so what am I going to eat to feel satisfied?" more often than not turns into procrastination and the big problem of not knowing how to turn theory into practice. This is why we created this book- to make it simple, doable, and fun for you! All of the recipes you will find in this book are comforting, healing, energizing, and perfect all year long. While this book and its recipes focus more on the plant-based approach, this book is not only for vegans and vegetarians. Everyone can benefit from it! Inside You Will Discover Over 50 Irresistible Alkaline Soup Recipes Including: Alkaline Diet Soups for Slow Cooker- Set It and Forget It... Alkaline Soups That Are 100% Raw (great as smoothies, soups, snacks, or dips!) Super Quick Recipes Oriental Recipes for Optimal Taste! +How to Make Alkaline Diet Easy (like a breeze!), exciting and fun! All year long. Without being perfect and without feeling deprived! Grab Your Copy Today and Start Transforming All Areas of Your Health with the Alkaline Soup Recipes!

Book Information

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Customer Reviews

Whether you're looking for basic information about what an alkaline diet is or good soup recipes or a system to get your health back on track, I think you will be happy with the information in this book. The recipes range between comfy old favorites like ginger carrot, minestrone, vegetable barley and white bean and kale, to the unique green soup and farro chili. Please note that you will not see photos of the finished recipes in the Kindle version. I don't know if the print version has photos inside of it or not.

It was well done and most recipes in here sound soooo good! I love soup

Eat fantastic soups and get energized while you lose weight!

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