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# **Superfoods Cooking For Two: Fourth Edition - Over 190 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 146)**



## 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 â “ theyâ™re 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 Cooking for Two - Fourth Edition contains over 190 Superfoods recipes created with 100% Superfoods ingredients. This 320+ pages long book contains recipes for:â ¢ Appetizers â ¢ Soups â ¢ Condiments â ¢ Breakfast â ¢ Salads â ¢ Grilled meats â ¢ Side dishes â ¢ Crockpot recipes â ¢ Casseroles â ¢ Stews â ¢ Stir fries â ¢ Sweets 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. â œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â • - Hippocrates 460 - 370 BCThe 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 itâ™s return 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 todayâ™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 doesnâ™t restrict any major type of food. It features: â ¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â ¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils â ¢ Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat â ¢ Simple non-processed Dairy: Greek Yogurt, Farmerâ™s Cheese, Goat Cheese â ¢ Antioxidants: Garlic, Ginger, Turmeric, Cacao, 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: â ¢ Start losing weight and boost energy â ¢ Get rid of sugar or junk food cravings â ¢ Lower your blood sugar and stabilize your insulin level â ¢ Detox your body from years of eating processed foods â ¢ Lower your blood pressure and your cholesterol â ¢ Fix your hormone imbalance and boost immunity â ¢ Increase your stamina and libido â ¢ Get rid of inflammations in your bodyWould You Like To Know More?Download and start getting healthier

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## **Book Information**

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## **Customer Reviews**

This is a great book for any novice meal planners and preppers and less for those who already have developed appropriate meal prep habits. For those who are just getting into meal planning this is a good resource as it covers some of the basic tenants of meal prep and planning that can help reduce the waste of time and / or food. For those who already have experience in meal prep and planning this can serve as a good refresher but the real take away is the recipes. There are tons of recipes included and these cover a variety of recipes and they are geared towards preparing for two. Although I received this book for free, I am looking forward to trying out lots of the recipes that are included.

I am really interested in finding the best foods for myself and my family and this book went a long way in helping me. I found so much good information in his book so if your trying to stay healthy I

would say buy the book also the one with drinks in. That said, there are some good side dish recipes in this book. Also, a lot of the recipes are not low carb friendly at all, which I feel is more important than being just plain low calorie. I like to even things out there. Highly recommended!

Awesome, another book of Don Orwell, I like so much his book, plenty of information about health. This is appropriate specially for the health conscious person. Superfoods cooking are really healthy and beneficial for our body. Widely available and nutritional as well. This is the only diet that doesn't restrict any major type of food. The recipes are easy to follow and to understand.

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