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Healthy Eating For Two: Over 190 Quick & Easy Gluten Free Low Cholesterol Whole Foods Cooking For Two Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 198)





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!!

Healthy Eating for Two contains over 190 Superfoods recipes created with 100% Superfoods ingredients. This 320+ pages long book contains recipes for:

- Appetizers
- Soups
- Condiments
- Breakfast
- Salads
- Grilled meats
- Side dishes
- Crockpot recipes
- Casseroles
- Stews
- Stir fries
- 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.

“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 lets us 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 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 bodyWould 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

My wife wanting some new recipes and that's why I purchased this book. We both are getting huge benefits after reading this book. All the recipes are sources of anti-oxidants and essential nutrients. It will help you to Lower your blood sugar and stabilize your insulin level. This book contains soups, salads, breakfast, casseroles, and smoothie recipes. It's a complete recipe book for both of us. We are really satisfied after getting it. You can check it out.

I know it's weird to review a cookbook, but seriously, this is the best cookbook ever for those who just want to eat good food without spending all day and a hundred bucks. This is the only book you

need for stovetop cooking. Easy to make, food tastes good, nothing leftover. Easy to double the recipe for 4. Yum.

Now that my wife and I have empty nest syndrome, we are always eating for two. This book brings us back to eating healthy except just what we can find!

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