



Low Carb Dump Meals: Over 80+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Weight Loss Transformation Book) (Volume 100)

Don Orwell

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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 – they'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!! Low Carb Dump Meals book contains low carb recipes from my other Superfoods books. Recipes are not for induction phase, they are more for phase 4, lifetime maintenance. Some ingredients have little bit more carbs and they are marked as optional and it is up to you to include them. All recipes are created with 100% Superfoods ingredients. This 220 pages long book contains recipes for: • Superfoods Stews, Chilies and Curries • Superfoods Casseroles • Superfoods Crockpot Recipes • Bonus chapter: Superfoods Stir Fries • Bonus chapter: Superfoods Side Dishes Most of the meals can be prepared in under 15 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'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 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, 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: • **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

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The book Low Carb Dump Meals: Over 80+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Weight Loss Transformation Book) (Volume 100) has a lot of information on it. So when you make sure to read this book you can get a lot of advantage. The book was compiled by the very famous author. Tom makes some research prior to write this book. This particular book very easy to read you can get the point easily after reading this book.

Rosemarie Cleveland:

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Stephen Hancock:

As a university student exactly feel bored to reading. If their teacher inquired them to go to the library or make summary for some book, they are complained. Just small students that has reading's spirit or real their interest. They just do what the educator want, like asked to the library. They go to there but nothing reading critically. Any students feel that reading is not important, boring in addition to can't see colorful photographs on there. Yeah, it is to be complicated. Book is very important to suit your needs. As we know that on this age, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. So , this Low Carb Dump Meals: Over 80+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Weight Loss Transformation Book) (Volume 100) can make you truly feel more interested to read.

Dorothy Walker:

What is your hobby? Have you heard this question when you got pupils? We believe that that concern was given by teacher to their students. Many kinds of hobby, All people has different hobby. So you know that

little person like reading or as reading through become their hobby. You must know that reading is very important and also book as to be the thing. Book is important thing to add you knowledge, except your teacher or lecturer. You will find good news or update with regards to something by book. A substantial number of sorts of books that can you choose to use be your object. One of them is Low Carb Dump Meals: Over 80+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Weight Loss Transformation Book) (Volume 100).

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