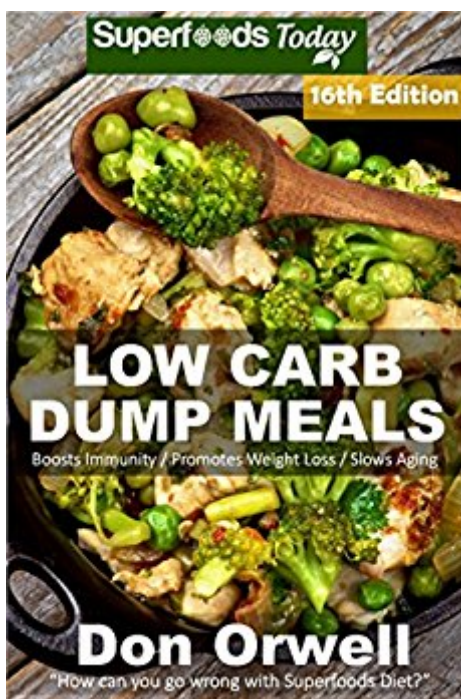


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Synopsis

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!! Low Carb Dump Meals - 16th edition 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 350+ pages long book contains recipes for: Superfoods Stews, Chilies and Curries Superfoods Casseroles Superfoods Crockpot Recipes 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 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 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

Exciting recipes! I've wanted to try dump recipes for a long time, but I just couldn't use most of the ones I found because they were either sweets or carb laden casseroles full of noodles and such. This is a great cookbook for those of us trying to go low carb without feeling deprived. I want to try everything I've seen so far, and I tend to be a bit picky, usually. Thanks for letting the low carb crowd get in on the dump meal craze. Very helpful book! Really worth purchasing!

Great cookbook! There are a lot of informative and healthy recipes that we will be using from

here.Low- carb eating requires meal planning and prepping . A Dump meal is a meal you can dump in a single pot, dish, or bowl and then forget it.This book is just exactly what it claims to be: a bunch of easy one-pot slow cooker recipes, low carb.

Great book. Great recipes. Glad I added it to my collection. :)

Great menues

Not all low carb

Me and my friends loved Don Orwell blogs and one of my friend collecting cookbook from this guy and she gave us recipes from the books.And as for me,this one gives me the best recipes I tried before. This book served low carb dump meals that I can accompany with my lose weight program. Great book with great recipes.

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Antioxidants ... Weight Loss Transformation Book) (Volume 2) Slow Cooking for One: Over 170
Quick & Easy Gluten Free Low Cholesterol Whole Foods Slow Cooker Meals full of Antioxidants &
Phytochemicals (Slow Cooking Natural Weight Loss Transformation Book 8)

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