



Low Carb Dump Meals: Over 100+ 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 - **third 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 230 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. If 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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From reader reviews:

Dorothy Whisler:

In this 21st centuries, people become competitive in each and every way. By being competitive today, people have do something to make them survives, being in the middle of the crowded place and notice by surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Yes, by reading a e-book your ability to survive raise then having chance to stay than other is high. For you who want to start reading any book, we give you this kind of Low Carb Dump Meals: Over 100+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Weight Loss Transformation Book) (Volume 100) book as starter and daily reading reserve. Why, because this book is usually more than just a book.

Sylvia Cunningham:

Now a day people who Living in the era wherever everything reachable by connect with the internet and the resources inside it can be true or not call for people to be aware of each details they get. How a lot more to be smart in obtaining any information nowadays? Of course the reply is reading a book. Studying a book can help men and women out of this uncertainty Information specially this Low Carb Dump Meals: Over 100+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Weight Loss Transformation Book) (Volume 100) book since this book offers you rich info and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it everybody knows.

Edgar Workman:

With this era which is the greater person or who has ability to do something more are more precious than other. Do you want to become one among it? It is just simple strategy to have that. What you need to do is just spending your time little but quite enough to experience a look at some books. Among the books in the top checklist in your reading list will be Low Carb Dump Meals: Over 100+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Weight Loss Transformation Book) (Volume 100). This book which can be qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking right up and review this publication you can get many advantages.

Robert Denney:

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