



**Slow Cooking for One: 60+ Slow Cooker Meals,
Antioxidants & Phytochemicals, Soups Stews and
Chilis, Gluten Free Cooking, Casserole Meals,
Casserole ... Cookbook-Slow Cooker Meals)
(Volume 86)**

Don Orwell

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Slow Cooking for One: 60+ Slow Cooker Meals, Antioxidants & Phytochemicals, Soups Stews and Chilis, Gluten Free Cooking, Casserole Meals, Casserole ... Cookbook-Slow Cooker Meals) (Volume 86)

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!! Slow Cooking for One has various Slow cooking meals measured for one or two. All recipes are created with 100% Superfoods ingredients. This 200+ pages long book contains recipes for: • Superfoods Breakfasts • Superfoods Soups • Superfoods Stews, Chilies and Curries • Superfoods Casseroles • Bonus chapter: Superfoods Condiments • Bonus chapter: Superfoods Appetizers • Bonus chapter: Superfoods Smoothies • Bonus chapter: Superfoods Stir Fries • Bonus chapter: Superfoods Side Dishes • Bonus chapter: Superfoods Desserts Most of the meals can be prepared in under 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'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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Slow Cooking for One: 60+ Slow Cooker Meals, Antioxidants & Phytochemicals, Soups Stews and Chilis, Gluten Free Cooking, Casserole Meals, Casserole ... Cookbook-Slow Cooker Meals) (Volume 86) can be one of your starter books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort that will put every word into satisfaction arrangement in writing Slow Cooking for One: 60+ Slow Cooker Meals, Antioxidants & Phytochemicals, Soups Stews and Chilis, Gluten Free Cooking, Casserole Meals, Casserole ... Cookbook-Slow Cooker Meals) (Volume 86) yet doesn't forget the main place, giving the reader the hottest in addition to based confirm resource data that maybe you can be considered one of it. This great information can easily drawn you into brand-new stage of crucial imagining.

Erik Hilyard:

The book untitled Slow Cooking for One: 60+ Slow Cooker Meals, Antioxidants & Phytochemicals, Soups Stews and Chilis, Gluten Free Cooking, Casserole Meals, Casserole ... Cookbook-Slow Cooker Meals) (Volume 86) contain a lot of information on that. The writer explains her idea with easy approach. The language is very straightforward all the people, so do not worry, you can easy to read it. The book was written by famous author. The author will bring you in the new age of literary works. You can actually read this book because you can read more your smart phone, or model, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official website and also order it. Have a nice learn.

Louis Hartford:

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Jack Caldwell:

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