

Low Carb Dump Meals: Over 80+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 128)

By 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. 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, Cacaa, 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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• **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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Ronnie Hamilton:

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Mamie Esters:

The book Low Carb Dump Meals: Over 80+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 128) can give more knowledge and information about everything you want. Why must we leave the great thing like a book Low Carb Dump Meals: Over 80+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 128)? A number of you have a different opinion about book. But one aim which book can give many facts for us. It is absolutely correct. Right now, try to closer with the book. Knowledge or information that you take for that, it is possible to give for each other; you can share all of these. Book Low Carb Dump Meals: Over 80+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 128) has simple shape nevertheless, you know: it has great and large function for you. You can appearance the enormous world by wide open and read a e-book. So it is very wonderful.

Mary Summers:

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the hottest and also based confirm resource facts that maybe you can be one among it. This great information may drawn you into brand-new stage of crucial pondering.

Jose Said:

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