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Ketogenic Crockpot Recipes: Over 110+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants ... Weight Loss Transformation Book) (Volume 2)



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!! Ketogenic Crockpot Recipes - fourth edition book contains ketogenic recipes from my other Superfoods books. 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 150 pages long book contains recipes for: Superfoods Stews 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

This cookbook is small and I feel like all the recipes require unique ingredients or are things I don't typically keep in the house. Also, most recipes serve 8 people, which is great... if you have a family...but when you are cooking for 2 it's not practical. The book itself looks cheap, I mean adding black and white pictures of meals on ivory paper? No thanks. I bought this cookbook and 3 other cookbooks and have made multiple things from the other cookbooks and nothing from this one. (not to mention this one was one of the more expensive ones) guess it's personal taste, but I'll be returning mine.

A wonderful addition to my low-carb cookbook collection! I often read a cookbook and end up with one or two recipes! The author's writing style was reminiscent of a friend chatting at the kitchen table while drinking tea, which I really liked. I recommend it!

Awesome cookbook with easy to follow recipes. Have enjoyed lots of them so far.

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Ketogenic Crockpot Recipes: Over 110+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants ... Weight Loss Transformation Book) (Volume 2) Low Carb Dump Meals: Over 220+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Weight Loss Transformation Book) (Volume 6) Low Carb Dump Meals: Over 220+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 6) Low Carb Dump Meals: Over 210+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 5) Low Carb Dump Meals: Over 220+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 8) Low Carb Dump Meals: Over 225+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 9) Low Carb Dump Meals: Over 185+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 2) Ketogenic Crockpot Recipes: Over 70+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation Book) (Volume 100) Ketogenic Crockpot Recipes: Over 130+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants ... Weight Loss Transformation Book) (Volume 5) Ketogenic Crockpot Recipes: Over 70+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation Book Book 310) Ketogenic Crockpot Recipes: Over 130+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation Book Book 5) Ketogenic Crockpot Recipes: Over 160+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation Book Book 8) Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump Dinners Cookbook,Quick Easy Meals) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker

(Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot ... Pot Recipes;Crock Pot Cookbook) (Volume 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking)

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