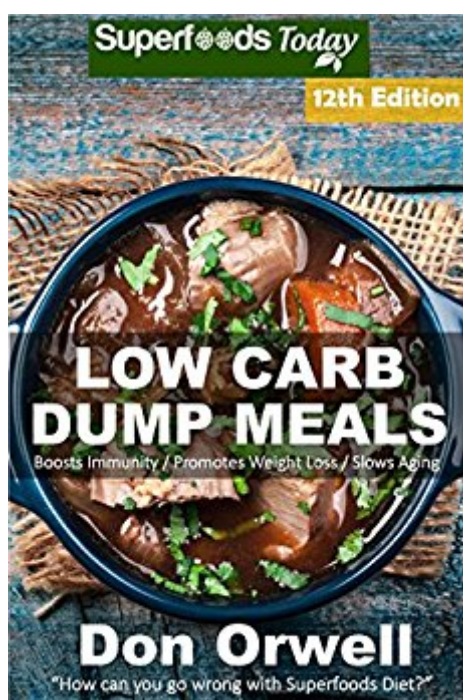


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Low Carb Dump Meals: Over 185+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Weight Loss Transformation Book Book 2)



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 - 12th 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 290 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 returns you 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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Customer Reviews

Wow! Can't tell you how many times I have bought a recipe book only to discover that there aren't any recipes that I actually want to try. This book? OMG! I flagged 19 recipes that sound awesome and supportive of my ketogenic and very-little-time-for-cooking lifestyle. Don't know how I'm going to narrow down which ones to try first. The pictures are beautiful, and the recipes are simple and to the point. Highly recommend this book!

I was looking for easy meals for a family that sometimes has to eat in shifts when I stumbled across

this cookbook. I flipped through it and found that the instructions are simple, the pictures are helpful, and there is a huge variety of recipes. I tried the first of the recipes last night, and "Ropa Vieja" was a huge success. I can't wait to keep trying the recipes, especially knowing that I'm preparing healthy, wholesome food for my family-on-the-go.

Great book, easy to follow recipes

LOVE!!

Many interesting recipes, but not clear directions for most. I know these are dump meals, but cooking some of these ingredients for hours even at low will turn them into mush, particularly eggplant, mushrooms, and broccoli. Shrimp become rubbery and fish will fall apart.

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