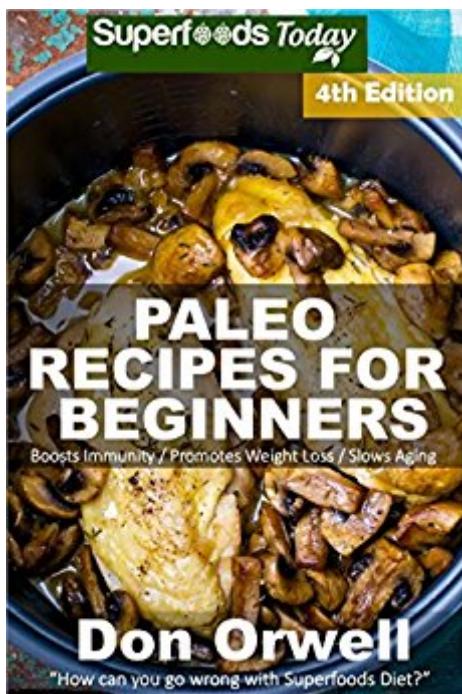


The book was found

Paleo Recipes For Beginners: 210+ Recipes Of Quick & Easy Cooking, Paleo Cookbook For Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking For One, Whole Foods Diet,Antioxidants & Phytochemical



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. They 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!!Paleo Recipes for Beginners -fourth edition contains over 210 Superfoods Paleo recipes created with 100% Superfoods ingredients. This 430+ pages long book contains recipes for:Appetizers Soups Condiments Breakfast Salads Grilled meats Side dishes Crockpot recipes Casseroles Stews Stir fries Sweets Most of the meals can be prepared in just 10 minutes. Each recipe combines Superfoods Paleo 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 BCThe best thing about Superfoods Paleo Lifestyle 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 Paleo Lifestyle 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 Non-gluten Carbs: Fruits, Vegetables 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

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Customer Reviews

I've read many books on the Paleo diet and I feel that this is one of the best. It is short with all the information you need and it states it in a manner that is easy to understand. The meal guide is also helpful. Just what I was looking for to get me started with Paleo cooking, and much needed inspiration for a healthy change in lifestyle!

Such a great guide to Paleo Diet. This books gives the basics of the diet along with a specific meal plan and a list of recipes. The ingredients are easy to find. The author has given us a very nice introduction and a set of very easy recipes to get started as a beginner.

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. I am really impressed when I read this book. That book topic is really very helpful for all of them especially who wants to know about that. Thanks author for creating us a new very important book for all of us. I just willing to suggest all of you to read this book everyone.

I really like all paleo recipes. It's very helpful for beginners. In this book there is lots of information about the body's weight loss mechanisms and metabolism. All recipes are really tasty and direction are easy to understand. Love this book.

This is quite an awesome book which contains a huge collection of recipes dedicated to anyone who wants to follow a Paleo ,it's really very helpful

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