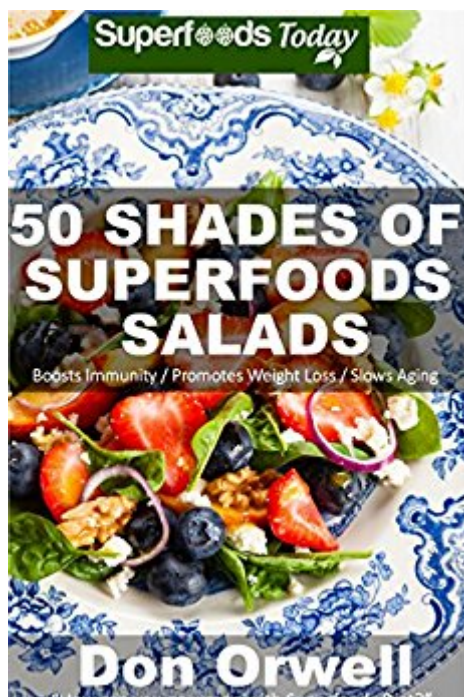


The book was found

50 Shades Of Superfoods Salads: Over 50 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods, Full Of Antioxidants & Phytochemicals: Cooking ... (Fifty Shades Of Superfoods 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!! Fifty Shades of Superfoods Salads contains over 50 Superfoods Salad recipes created with 100% Superfoods ingredients. This 200 pages long book contains recipes for: • Vegan Salads • Superfoods Protein Salads • Bonus chapter: Superfoods Condiments • Bonus chapter: Superfoods Appetizers • Bonus chapter: Superfoods Smoothies • Bonus chapter: Superfoods Side Dishes Fifty Shades of Superfoods Salads is the second book in "Fifty Shades of Superfoods" trilogy. Think of it as a lunch book for your "Fifty Shades" real life experience :-). Most of the meals can be prepared in just 10 minutes. Superfoods cooking for two at it's best!! Each recipe combines Whole Foods Superfoods vegetables 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, 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 Would You Like To Know More?Download and start getting healthier today.Scroll to the top of the page and select the buy button.

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Customer Reviews

This book is packed full of tasty tips, ideas, and recipes for people who want an alternative to junk food and fast food but don't know where to start. After an eight hour shift at work, it's easy to go through the drive-thru on the way home and grab a burger and fries than to think of a healthy meal. This book takes care of the thinking for you. The recipes are easy, and one is bound to tempt your taste buds!

These all sound wonderful. Quite a few include quinoa which is an allergy food for many. However

for others it is a super food as this suggests.

Originally I was a bit confused by the title, but it doesn't take long to straighten that all out after reading a page or two. This book is crammed full of super foods and healthy eating habits that anyone can follow. Whether you're looking to lose weight or just eat more healthily, this book is the answer.

This recipe book is just what I love- the healthy diet. I love this author's approach to superfoods! if you are looking for healthy and delicious recipes made of wholesome healing foods (but-normal foods you can get everywhere)- this is a great choice! Chickpea curry...yummy...

The cover is beautiful but the inside pages are like the old pulp novels. Cheap paper, photos in black and white not very appetizing for a cookbook. This was a total waste of money!

Some very good and interesting recipes. You can adjust them quite easily to your own taste.

Found a few really good recipes in this book.....will use them more often

All the recipes are explained well and are mouth watering good. Can't wait to try them all. Best buy of the day!

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