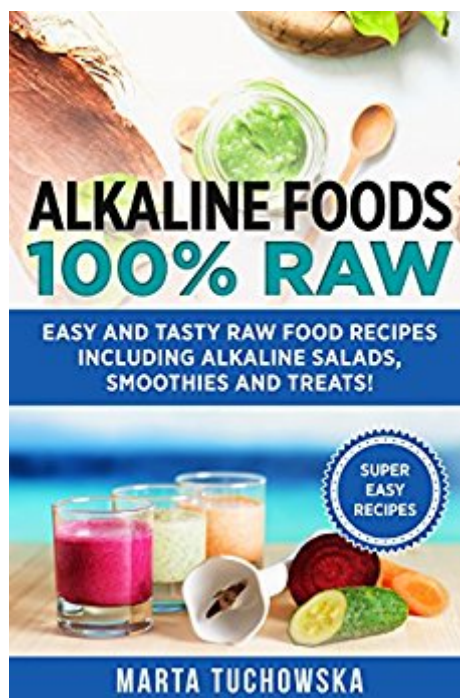


The book was found

Alkaline Foods: 100% Raw: Easy And Tasty Raw Food Recipes Including Alkaline Salads, Smoothies And Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2)



Synopsis

Raw Alkaline Foods for Optimal Health & Healing
Get Your Energy Back and (if desired) Start Losing Weight without Feeling Deprived. Once and for All!
Discover the best of raw-alkaline combo and nourish yourself with easy and tasty recipes!
It's not about eating less! It's about eating right. Forget about starvation diets, unrealistic cleanses or going hungry. You can restore balance, create vibrant health, lose weight and prevent many diseases just by adding more raw alkaline foods into your diet. The good news? You don't have to be perfect!
It's not about going hungry, joining some raw fruit cult, or surviving on greens alone. It's about changing your relationship with food. It's about learning how to revitalize your body and mind, with nutritious raw alkaline recipes that support your wellness and weight loss goals in an all-natural and sustainable way.
An Alkaline way is the answer to sleeping better, rebalancing your hormones, preventing diseases, clearing your skin, reducing allergies, and feeling energized. You can do this through the power of nutrient-packed foods, herbs, spices, natural supplements and other powerful tweaks to your lifestyle.
Would You Like to Know More?
You do have the power to lose weight and feel healthy when all else has failed and you do deserve to enjoy the energy and body of your dreams. The power to achieve it lies right here in your hands, and this book will show you how.
Get this book and join thousands of people that already use the alkaline raw foods and give your body the energy it deserves!

Book Information

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Food & Wine > Cooking Methods > Raw

Customer Reviews

This is such a great cook book ! Even people that aren't into vegan can enjoy the wonderful recipes. They are very healthy, fast cook time, the ingredients are easy to get a hold on, and they are delicious (at least the ones I tried are...). Highly recommended !

I come from a family of vegan women. I got this book to share with them. We have all tried recipes in this book and love them. I recommend this book to everyone looking to improve their diet.

This book is a must for every kitchen! I recommend this book to everyone looking to improve their diet.

Good cookbook. Another fine edition for my kindle cook book library.

This book has a great collection of healthy recipes- now I know how to create some nice salads, smoothies, juices and even treats without getting bored!!

I am an avid fan of Marta Tuchowska, especially that she is a very inspiring author. Everytime, when reading her books, I learn something new. Going vegan is a very healthy option, especially that it brings many benefits not only to my weight, but also to my skin, hair, and nails, as Marta is very generous to share with her readers a special salad which will do wonders to our skin, hair, and nails! This book contains other mouth-watering recipes, which will make us enjoy cooking, especially that some of them will encourage to use food in an aesthetic way, especially if you happen to be like me, as I don't usually like to cook! Finally, Marta gives you tips on how to eat healthy without having to spend a lot of money, which is our favourite tip!

This was okay for diet book. However it did seem to be missing two things. One was that she includes a number of really esoteric ingredients like roibos tea and maka powder without any hints as to where one would find such things. She also never address the safety angle. Cooking doesn't just change the flavor and texture of food, it kills bacteria and improves food safety. I would have

expected some mention of safety issues in a raw food cookbook.

well done! I glad I read this book! Have been feel so healthy from all those dinning out. This book makes cooking easier again for me. Im start to do my own cookings again, in a healthy way! and a easy way!:) Raw food so good!

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Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) The Alkaline Diet Cookbook: Get the Advantage of Alkaline Food List and 25 Alkaline Recipes - Easy Acid Alkaline Diet Cookbook Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1)

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