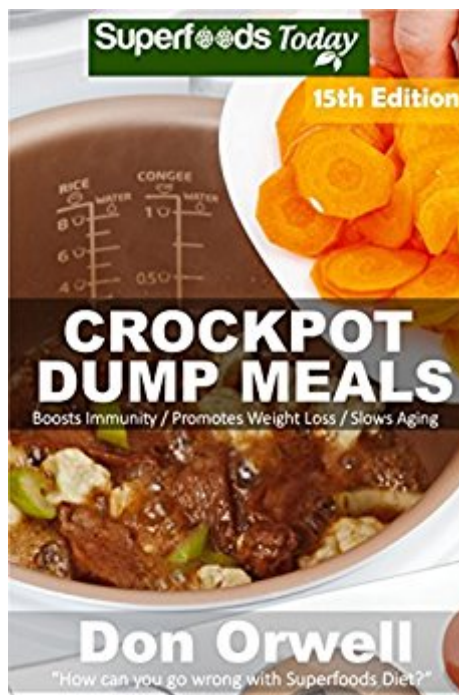




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Crockpot Dump Meals: Over 200 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Slow Cooking Natural Weight Loss Transformation Book 9)



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!! Crockpot Dump Meals - 15th edition has over 200+ Crockpot Breakfast, Soup and Crockpot Dinner recipes. All recipes are created with 100% Superfoods ingredients. This 340+ pages long book contains recipes for: Superfoods Breakfasts Superfoods Soups Superfoods Stews, Chilies and Curries Superfoods Casseroles Bonus chapter: Superfoods Condiments Bonus chapter: Superfoods Appetizers Bonus chapter: Superfoods Smoothies Bonus chapter: Superfoods Stir Fries Bonus chapter: Superfoods Side Dishes Bonus chapter: Superfoods Desserts Most of the meals can be prepared in under 10 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 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, 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 is the best book on Crockpot Dump Meals. This book is really a wroth reading cause there are 200 recipes making proces and which is written easily to understand. I am being really a big fan of Don Orwell cause I can understand his writing easily. Recommended to all.

I like this meal.this meal very amazing,Now, I have lots of choices and I can make a really varied menu that takes a few months to rotate.

For busy folks like myself, these 200 recipes are heaven sent. Having a crockpot is already a wonder in itself, but meals can get boring without much variety. Now, I have lots of choices and I can make a really varied menu that takes a few months to rotate. The recipes are quite diverse allowing you to enjoy different tastes from countries around the globe. All you have to do is to prepare the ingredients and follow the simple instructions of this book and put all together in your crock pot, set the time and you already have a delicious meal. I find this ebook very useful most especially to those who doesn't have much talent in cooking just like me.

This is the best book on Crockpot Dump Meals. This book is truly a worth perusing cause there are 200 formulas making proses and which is composed effortlessly to get it. I am in effect truly a major fanatic of Don Orwell cause I can comprehend his written work effortlessly. Prescribed to all.

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