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# Slow Cooking For One: Over 165 Quick & Easy Gluten Free Low Cholesterol Whole Foods Slow Cooker Meals Full Of Antioxidants & Phytochemicals (Slow Cooking Natural Weight Loss Transformation)



## 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!!

Slow Cooking for One - 11th edition has various Slow cooking meals measured for one or two. All recipes are created with 100% Superfoods ingredients. This 300+ 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. 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.

## Book Information

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## Customer Reviews

Excellent cookbook, can't hold up to attempt these formulas. Living alone, it's elusive a decent cookbook that will oblige individuals who require just a single or two full servings. It gives me formulas that is ideal segment for just me. What's more, the formulas are delightful! I adore my moderate cookers they are so advantageous! I was sent this book in return for my legit survey.

Wonderful cookbook, cannot wait to try all of these recipes. Living alone, it's hard to find a good

cookbook that will cater to people who need only one or two full servings. It gives me recipes that is perfect portion for just me. And the recipes are delicious! I love my slow cookers they are so convenient! I was sent this book in exchange for my honest review.

Magnificent cookbook for one.If you are always hurry and having a long day from your office and no time to cook but tired to eat unhealthy foods,this book is the answer.Don Orwell knows about healthy delicious foods,so I think this is for you. Slow cooking for one is the best cookbook for you.

I found this cookbook to be exactly what I was looking for. I wish though at least the table of contents had been printed so I had more confidence in buying it. Very good cookbook for cooking small amounts. Clear, concise and so far everything I've tried has been delicious!

Love this book! This book is perfect for Slow Cooking. I learned I could use this for breakfast meals too. This book has quick, easy and wonderful meals. Would love to try the other recipes. Would definitely recommend this book!

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