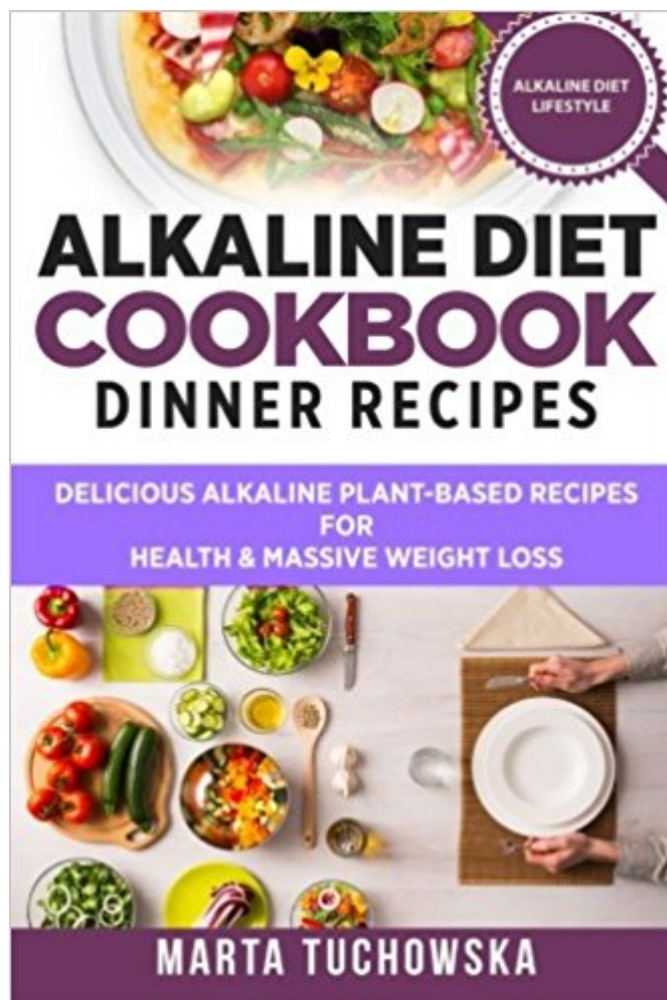


The book was found

Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes For Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3)





Synopsis

The Alkaline Diet Made Easy, Exciting, Doable, and Fun! Effective, 100% natural solutions to feel amazing and start losing weight. Without feeling deprived. Once and for all. Have you ever been told that the alkaline diet is hard to follow? Have you ever been told that the alkaline foods are fad? Well, you have been lied to! It's not about eating less. It's about eating right. The alkaline diet is a holistic tool that helps you achieve wellness and health by supporting your body's natural healing system. Wouldn't it be great to be up early every day, feeling amazing, and actually looking forward to starting your day? Wouldn't it be great to eliminate those afternoon energy crashes and stop being dependent on caffeine? And wouldn't it be great to start losing weight naturally (or maintain your ideal weight) without torturing yourself with calorie counting and unrealistic starvation diets? You see, the alkaline diet is not about eating 100% alkaline. It's not about surviving on cucumbers and kale... The good news is that you are just about to discover tasty and healthy plant based recipes so that you eat a clean, alkaline diet and actually enjoy it! The Best Part? It's Easy: -Most ingredients are really easy, everyday and "common sense" ingredients that are easy to find at your local grocery store or supermarket. -You don't need to be a good cook or a qualified chef to learn those simple and delicious recipes. -You don't need any fancy kitchen equipment to get started on the alkaline recipes from this plant based cookbook. Here's What You Will Learn with the Alkaline Diet Cookbook: Dinner Recipes: -Alkaline Diet-The Common Sense Approach- Why It's Good for -Beyond Foods- Negative Emotions and Stress Are Acid-Forming -The 80/20 rule. Stress-Free and Successful! -Motivation and Organization to Keep on Track -Common Questions (Eating Out, Social Life, Bread, Treats, Are Lemons Alkaline?) -Common pH Myths -Simple and Doable Alkaline Recipes for Busy People (International, Salads, Oriental, Stews, Healthy Vegan Alkaline Pizza + much much more) -BONUS: healthy dessert recipes so that you never feel deprived again! Get your copy today! You'll be surprised to see how easy it is to stay healthy, feel energized, and keep on track!

Book Information

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Customer Reviews

Recipes for vegan burgers, hummus, all kinds of salad, soups, even alkaline pizza! So if you want to learn to cook healthy and want to lose weight in the process, then this book is for you! JV

Great book, awesome recipes!!!

Book..was advertised wrong..book was tooo small...not the information i was looking for..iver all bad experience hence rhe 1 star

great book

Thank You!

I like how the author went through the whole process of carefully explaining what the Alkaline diet is. With the substantial introduction, it won't be so daunting to try this type of lifestyle and diet program with the seemingly technical-sounding name. So far, the recipes in this dinner collection look tasty judging from the variety of ingredients included in every recipe. Following a carefully planned menu ensures good nourishment rather than just randomly picking any food we can think of at the moment.

Incredibly disappointed that I wasted money on this useless book. I can find better recipes online...for FREE

The book was not worth \$13 all the recipes were nothing but salads all the other information I could've gotten on line for free. Then I was annoyed with all the emails I was getting from the author

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Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)

Alkaline Diet: The No B.S. Guide to Alkaline Foods for Easy Weight Loss, Rebalancing Your pH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series)

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