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50 Shades of Superfoods Salads: Over 50 Wheat Free, Heart Healthy, Quick Easy, Low Cholesterol, Whole Foods, Full of Antioxidants Phytochemicals: Cooking for Two for Weight Loss Transformation

By Don Orwell

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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 - they re 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

Reviews

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