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# Paleo Recipes For Beginners: 230+ Recipes Of Quick & Easy Cooking, Paleo Cookbook For Beginners, Gluten Free Cooking, Wheat Free, Paleo Cooking For One, Whole Foods Diet, Antioxidants & Phytochemical





## 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 â€œ theyâ€™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!!Paleo Recipes for Beginners -sixth edition contains over 230 Superfoods Paleo recipes created with 100% Superfoods ingredients. This 450+ pages long book contains recipes for:â€¢ Appetizers â€¢ Soups â€¢ Condiments â€¢ Breakfast â€¢ Salads â€¢ Grilled meats â€¢ Side dishes â€¢ Crockpot recipes â€¢ Casseroles â€¢ Stews â€¢ Stir fries â€¢ Sweets Most of the meals can be prepared in just 10 minutes. Each recipe combines Superfoods Paleo ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. â€œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â€• - Hippocrates 460 - 370 BCThe best thing about Superfoods Paleo Lifestyle 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 Paleo Lifestyle works because itâ€™s return 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 todayâ€™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 doesnâ€™t restrict any major type of food. It features: â€¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â€¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin â€¢ Non-gluten Carbs: Fruits, Vegetables â€¢ 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: â€¢ Start losing weight and boost energy â€¢ Get rid of sugar or junk food cravings â€¢ Lower your blood sugar and stabilize your insulin level â€¢ Detox your body from years of eating processed foods â€¢ Lower your blood pressure and your cholesterol â€¢ Fix your hormone imbalance and boost immunity â€¢ Increase your stamina and libido â€¢ 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

File Size: 10091 KB

Print Length: 455 pages

Simultaneous Device Usage: Unlimited

Publisher: Superfoods Today; 6 edition (August 14, 2017)

Publication Date: August 14, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B074TG84L3

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #404,212 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #53

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