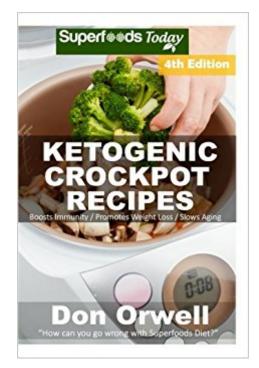


The book was found

Ketogenic Crockpot Recipes: Over 110+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants ... Weight Loss Transformation Book) (Volume 2)





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 $\tilde{A}\phi\hat{a} - \hat{a} \phi$ they $\tilde{A}\phi\hat{a} - \hat{a}_{,,\phi}\phi$ 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!! Ketogenic Crockpot Recipes - fourth edition book contains ketogenic recipes from my other Superfoods books. Some ingredients have little bit more carbs and they are marked as optional and it is up to you to include them. All recipes are created with 100% Superfoods ingredients. This 150 pages long book contains recipes for: â⠬¢ Superfoods Stews â⠬¢ Superfoods Casseroles â⠬¢ Superfoods Crockpot Recipes Most of the meals can be prepared in under 15 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. $\tilde{A}\phi\hat{a} \neg A$ "Our Food Should Be Our Medicine And Our Medicine Should Be Our Food. â⠬• - 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 $\hat{A}\phi \hat{a} \neg \hat{a}_{,,\phi}$ 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 today A¢ $\hat{a} - \hat{a}_{,,}$ ¢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 doesnââ \neg â, ¢t restrict any major type of food. If features: ââ \neg ¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â⠬¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils â⠬¢ Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat \tilde{A} ¢ $\hat{a} \neg \hat{A}$ ¢ Simple non-processed Dairy: Greek Yogurt, Farmer \tilde{A} ¢ $\hat{a} \neg \hat{a}_{a}$ ¢s Cheese, Goat Cheese â⠬¢ Antioxidants: Garlic, Ginger, Turmeric, Cacaa, 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: \tilde{A} ¢â $\neg \hat{A}$ ¢ Start losing weight and boost energy \tilde{A} ¢â $\neg \hat{A}$ ¢ 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 $\tilde{A}\phi\hat{a} - \hat{A}\phi$ Lower your blood pressure and your cholesterol

 $\tilde{A}\phi \hat{a} \neg \hat{A}\phi$ Fix your hormone imbalance and boost immunity $\tilde{A}\phi \hat{a} \neg \hat{A}\phi$ Increase your stamina and libido $\tilde{A}\phi \hat{a} \neg \hat{A}\phi$ 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

Series: Ketogenic Crockpot Natural Weight Loss Transformation Book Paperback: 162 pages Publisher: CreateSpace Independent Publishing Platform; 4 edition (January 10, 2017) Language: English ISBN-10: 1542472032 ISBN-13: 978-1542472036 Product Dimensions: 6 x 0.4 x 9 inches Shipping Weight: 10.7 ounces (View shipping rates and policies) Average Customer Review: 3.9 out of 5 stars 3 customer reviews Best Sellers Rank: #1,229,494 in Books (See Top 100 in Books) #116 inà Â Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #766 inà Â Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #1367 inà Â Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking

Customer Reviews

This cookbook is small and I feel like all the recipes require unique ingredients or are things I don't typically keep in the house. Also, most recipes serve 8 people, which is great... if you have a family...but when you are cooking for 2 it's not practical. The book itself looks cheap, I mean adding black and white pictures of meals on ivory paper? No thanks. I bought this cookbook and 3 other cookbooks and have made multiple things from the other cookbooks and nothing from this one. (not to mention this one was one of the more expensive ones) guess it's personal taste, but I'll be returning mine.

A wonderful addition to my low-carb cookbook collection! I often read a cookbook and end up with one or two recipes! The author's writing style was reminiscent of a friend chatting at the kitchen table while drinking tea, which I really liked. I recommend it!

Awesome cookbook with easy to follow recipes. Have enjoyed lots of them so far.

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