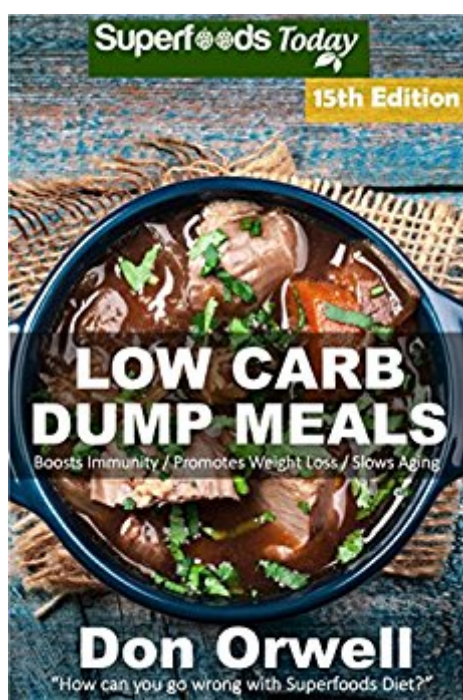


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Synopsis

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!! Low Carb Dump Meals - 15th edition book contains low carb recipes from my other Superfoods books. Recipes are not for induction phase, they are more for phase 4, lifetime maintenance. 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 340+ pages long book contains recipes for: Superfoods Stews, Chilies and Curries Superfoods Casseroles 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. “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 lets us 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'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, Cocoa, 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

I've wanted to try dump recipes for a long time, but I just couldn't use most of the ones I found because they were either sweets or carb laden casseroles full of noodles and such. This is a great cookbook for those of us trying to go low carb without feeling deprived. I want to try everything I've seen so far, and I tend to be a bit picky, usually. Thanks for letting the low carb crowd get in on the dump meal craze. Very helpful book!

One thing I like about this cookbook is the fact that the recipes are easy to follow and the ingredients are mainly superfoods. It's perfect for weight-conscious and diabetic people. Plus it

provides 210 Low carb slow cooker recipes which are amazing. They are also easy to follow and the preparations are quick to prepare which I absolutely like.

I highly recommend this book. It tells you everything you need to know about this type of dieting. This book has excellent tips and delicious recipes that are simple and easy to follow. Wonderfully written, informative, and easy to read. Great for the beginner. This book is great for persons who are new to low carb dieting.

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