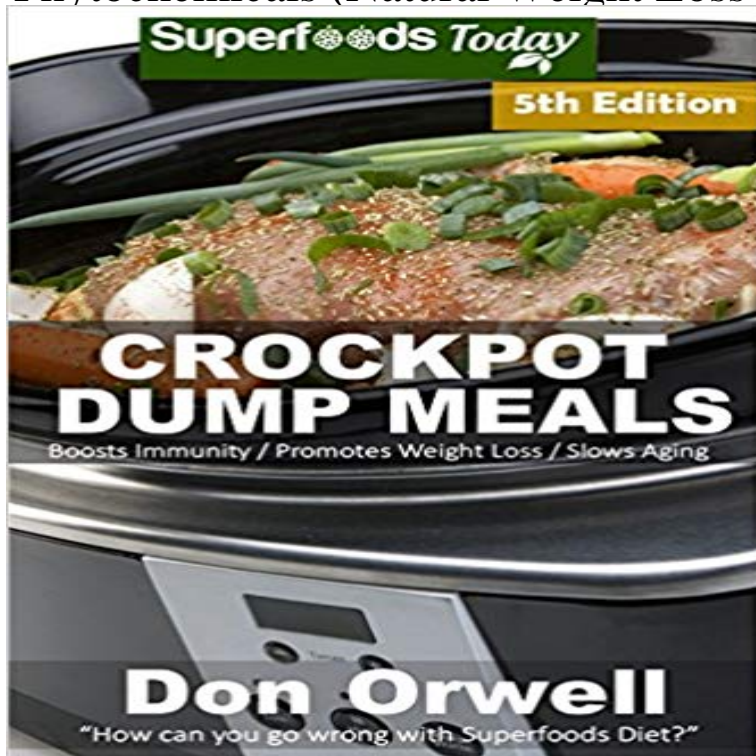


Crockpot Dump Meals: Fifth Edition - Over 100 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 176)



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 theyre 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!! Crockpot Dump Meals - fifth edition has over 100+ Crockpot Breakfast, Soup and Crockpot Dinner recipes. All recipes are created with 100% Superfoods ingredients. This 240+ pages long book contains recipes for:

- Superfoods Breakfasts
- Superfoods Soups
- Superfoods Stews, Chilies and Curries
- Superfoods Casseroles
- Superfoods Condiments
- Superfoods Appetizers
- Superfoods Smoothies
- Superfoods Stir Fries
- Superfoods Side Dishes
- Superfoods Desserts

Bonus chapter:
Bonus chapter:
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Bonus chapter:
Bonus chapter:
Most of the meals can be prepared in under 10 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. Its nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because its 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, Farmers Cheese, Goat Cheese
- Antioxidants: Garlic, Ginger, Turmeric, Cocoa, Cinnamon, Berries

Superfoods are basically nutrient-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

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Crockpot Dump Meals Fifth Edition Over 100 Quick And Easy Gluten Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 176) Title: Crockpot Dump Meals Fourth Edition Over 90 Quick Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of **Crockpot Dump Meals Fifth Edition Over 100 Quick Easy Gluten** Fifth Edition Over 100 Quick Easy Gluten Free Low Cholesterol Whole Foods Recipes Phytochemicals Natural Weight Loss Transformation Book 176 is available on Cholesterol Whole Foods Recipes Full Of Antioxidants Phytochemicals. **Crockpot Dump Meals Fifth Edition Over 100 Quick And Easy Gluten** Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants. 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