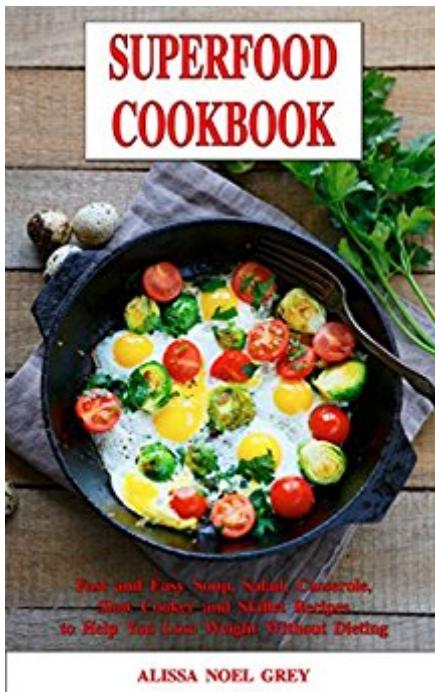


The book was found

Superfood Cookbook: Fast And Easy Soup, Salad, Casserole, Slow Cooker And Skillet Recipes To Help You Lose Weight Without Dieting: Healthy Cooking For Weight Loss (Cleanse And Detox Book 1)



Synopsis

Superfoods That Will Super Charge Your Weight Loss! From the author of several bestselling cookbooks, Alissa Noel Grey, comes a great new collection of delicious, easy to make recipes. This time she offers us amazing superfood recipes from around the world to rev up your metabolism and boost your nutrition. Simple and easy, energizing and weight loss friendly - you are sure to find the perfect superfood meal to make hunger a non-issue and help you reach your ideal weight. Superfood Cookbook: Fast and Easy Soup, Salad, Casserole, Slow Cooker and Skillet Recipes to Help You Lose Weight Without Dieting is an invaluable and delicious collection of fat-burning superfood recipes that will please everyone at the table and become all time favorites. Most of the meals can be prepared in about 20 minutes. Each recipe combines superfood ingredients that deliver astonishing amounts of antioxidants, essential fatty acids, minerals, vitamins, and proteins. If you're looking for delicious recipes that are healthy and great for quick weight loss, opt for these easy meals that are packed with fiber and whole food ingredients to help you jump start your post-holiday diet. ***FREE BONUS RECIPES at the end of the book - Easy Paleo, Gluten-Free, Fat Burning Smoothies for Better Health and Natural Weight Loss***

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Customer Reviews

Same old same old. Was looking for something new or different.

Very helpful and I love the recipes!!!!

Yummy sounding recipes. Planning to try them all! Fun and easy and do not seem confusing at all. Healthy and fun flavors.Ã Ã Ã• Try it soon.

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