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Slow Cooking For One: Over 155 Quick & Easy Gluten Free Low Cholesterol Whole Foods Slow Cooker Meals Full Of Antioxidants & Phytochemicals (Slow Cooking Natural Weight Loss Transformation)



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!!

Slow Cooking for One - 10th edition has various Slow cooking meals measured for one or two. All recipes are created with 100% Superfoods ingredients. This 290+ pages long book contains recipes for:

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

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. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because it returns 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, 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:

- 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
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Customer Reviews

This book totally changed the way I look at my slow cooker! Even tips on how to modify new recipes
for old slow cookers and old recipes for new slow cookers. The book seems to be aimed at young
couples who may not know how to shop efficiently but I don't care because I can't wait to have
breakfast waiting for me when I get up in the morning. This book was better than I could imagine. I
save time and can make my own fresh meals easily.

This book I picked up for my daughter. She lives alone and she likes healthy food. I have found here a lot of great recipes and the advantage of this book is that the recipes are adapted for one person. Well done!

Some nice recipes for one or two people. It is useful.

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