

The book was found

Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Slow Cooker-Slow Cooker Recipes Book 109)





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 â€œ theyâ€™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!!Slow Cooker Low Carb 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 200 pages long book contains recipes for: â€¢ Superfoods Stews, Chilies and Curries â€¢ Superfoods Casseroles â€¢ Superfoods Crockpot Recipes â€¢ Bonus chapter: Superfoods Stir Fries â€¢ Bonus chapter: Superfoods Side DishesMost 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. â€œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â€• - Hippocrates 460 - 370 BCThe 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 itâ€™s 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 todayâ€™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 doesnâ€™t restrict any major type of food. It features: â€¢ 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 â€¢ Simple non-processed Dairy: Greek Yogurt, Farmerâ€™s Cheese, Goat Cheese â€¢ 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: â€¢ Start losing weight and boost energy â€¢ 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 • 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

File Size: 4875 KB

Print Length: 234 pages

Simultaneous Device Usage: Unlimited

Publisher: Superfoods Today (July 30, 2015)

Publication Date: July 30, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0134YHKO2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #696,271 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #99

inÂ Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #696 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb #977 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Appliances

Customer Reviews

Some good recipes. A few I have seen before and some I've seen a lot just altered a bit. But awesome for someone that doesn't cook or know how too. This is a good time saver. I enjoy having my low carb healthy meal ready when I come home from work.

This is a great recipes book, that offer high variety of recipes, clear descriptions and pictures for every meal. I was especially happy to find so many different soups recipes, therefore really looking forward to tried them out.

With little direction and there were only 4 nutritional content entries. Typically in a recipe book

there's a nutritional analysis at the end of each recipe.

I found many tasty recipes in this cookbook to work with my low carb diet. It makes it so much easier to stay "on the rails" with a slowcooker!

[Download to continue reading...](#)

Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Slow Cooker-Slow Cooker Recipes Book 109) Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump Dinners Cookbook, Quick Easy Meals) Dump Dinners Cookbook: Quick & Easy Dump Dinner Recipes for the Busy Home Cook (Dump Dinners, Dump Dinners Cookbook, Dump Dinner Recipes, Slow Cooker Recipes, ... Recipes, Crockpot Meals, Meals For One) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Low Carb Recipes For Diabetics: Over 150+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... Weight Loss Transformation Book 251) Dump Dinners Cookbook: 101 Quick & Easy Dump Dinner Recipes For Busy People (Dump Dinners, Dump Dinners Diet) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) The Big Book of Dump Meals Box Set (11 in 1): Low Carb One Dish, One Pot, Slow and Pressure Cooker, Freezer and Stir-Fry Dump Meals for Stress-Free Cooking (One Pot Dump Dinners) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Crock Pot: Crock Pot Cooking Book: Crock Pot Lover (Crock Pot, Slow Cooking Recipes with Easy Crock Pot Dump Meals and Dump Dinners for slow cooker) (Slow cooker recipes Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Recipes For Diabetics: Over 160+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100) Low Carb Recipes For Diabetics: Over 150+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low

carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) Slow Cooking - Top 500 Slow Cooking Recipes Cookbook (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot, Pressure Cooker, Vegan, Paleo) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss) CROCK POT Dump and Go Recipes: Quick and Easy Meals Ideas for When You're In a Hurry: (Crock pot recipies, Slow Cooker recipies, Crock Pot Dump Meals, Crock Pot cookbook, Slow Cooker cookbook)

[Dmca](#)