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# **Slow Cooking For One: Over 160 Quick & Easy Gluten Free Low Cholesterol Whole Foods Slow Cooker Meals Full Of Antioxidants & Phytochemicals (Slow Cooking Natural Weight Loss Transformation Book 7)**





## 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. They 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 - 12th edition has various Slow cooking meals measured for one or two. All recipes are created with 100% Superfoods ingredients. This 250+ pages long book contains recipes for: Superfoods Soups Superfoods Stews, Chilies and CurriesMost 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 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 it'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 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. If 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

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## **Book Information**

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## **Customer Reviews**

This is THE best moderate cooker-based cookbook. So much idea has been put into every formula's outline - particularly, how to make it simple on the cook, and also how to accomplish a dish that is tasty and splendid, rather than simply the hot, insipid mush many moderate cooker formulas can at times produce.I have a considerable measure of cook books, bu .this is my most loved cook book.I profoundly suggest this book.

This book is perfect for Slow Cooking. I found this cook book to be more helpful than I ever imagined that it would be. Great information and variety of ideas.The recipes are very good and easy to prepare.

A delicious compendium of slow cooker recipes. The recipes are well written and easy to follow so you can use substitutions such as quinoa for rice. The hubby has eaten them all and he's a picky eater.

This is THE best slow cooker-based cookbook. So much thought has been put into each recipe's design - specifically, how to make it easy on the cook, as well as how to achieve a dish that is flavorful and bright, as opposed to just the hot, bland mush many slow cooker recipes can sometimes produce. I have a lot of cook books, but....this is my favorite cook book. I highly recommend this book.

Most of the recipes in this cookbook are very easy to prepare because the hard job is being done by your slow cooker. The slow cooked meals are very healthy. This cookbook proved to be quite helpful because it provided with hundreds of cooking ideas. They are also very tasty and healthy and they help me a lot with my diet plans.

It's a joy to have a slow cooker recipe book coordinated at sets as opposed to extensive families. The recipes are made with entire genuine meals. Along these lines, in case you're searching for something that has just a couple of ingredients. If you are new to slow cooking this book additionally has all the data to enable you to begin the correct way. Exactly WHAT I NEEDED..THANKS

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