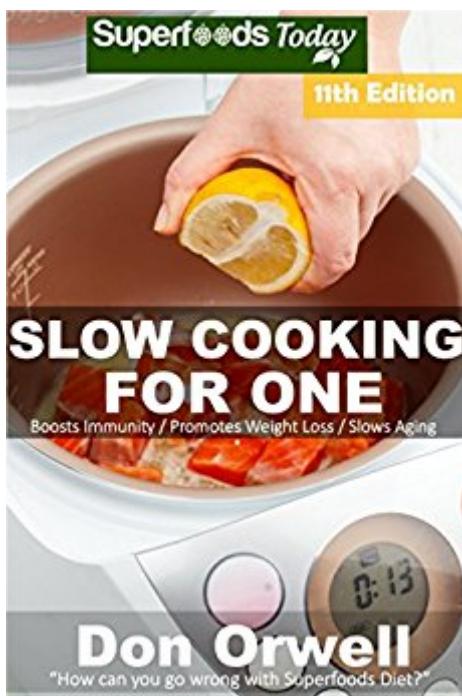


The book was found

# **Slow Cooking For One: Over 165 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. 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 - 11th edition has various Slow cooking meals measured for one or two. All recipes are created with 100% Superfoods ingredients. This 300+ 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 DessertsMost 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. 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 More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

## **Book Information**

File Size: 9048 KB

Print Length: 372 pages

Simultaneous Device Usage: Unlimited

Publisher: Superfoods Today; 11 edition (May 29, 2017)

Publication Date: May 29, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B072JG3SY9

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #414,637 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #86 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Cooking for One #158 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #348 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two

## **Customer Reviews**

Excellent cookbook, can't hold up to attempt these formulas. Living alone, it's elusive a decent cookbook that will oblige individuals who require just a single or two full servings. It gives me formulas that is ideal segment for just me. What's more, the formulas are delightful! I adore my moderate cookers they are so advantageous! I was sent this book in return for my legit survey.

Wonderful cookbook, cannot wait to try all of these recipes. Living alone, it's hard to find a good

cookbook that will cater to people who need only one or two full servings. It gives me recipes that is perfect portion for just me. And the recipes are delicious! I love my slow cookers they are so convenient! I was sent this book in exchange for my honest review.

Magnificent cookbook for one. If you are always hurry and having a long day from your office and no time to cook but tired to eat unhealthy foods, this book is the answer. Don Orwell knows about healthy delicious foods, so I think this is for you. Slow cooking for one is the best cookbook for you.

I found this cookbook to be exactly what I was looking for. I wish though at least the table of contents had been printed so I had more confidence in buying it. Very good cookbook for cooking small amounts. Clear, concise and so far everything I've tried has been delicious!

Love this book! This book is perfect for Slow Cooking. I learned I could use this for breakfast meals too. This book has quick, easy and wonderful meals. Would love to try the other recipes. Would definitely recommend this book!

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

Slow Cooking for One: Over 165 Quick & Easy Gluten Free Low Cholesterol Whole Foods Slow Cooker Meals full of Antioxidants & Phytochemicals (Slow Cooking Natural Weight Loss Transformation) Slow Cooking for One: Over 170 Quick & Easy Gluten Free Low Cholesterol Whole Foods Slow Cooker Meals full of Antioxidants & Phytochemicals (Slow Cooking Natural Weight Loss Transformation Book 8) 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) 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) Crockpot Dump Meals: Over 200 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Slow Cooking Natural Weight Loss Transformation Book 9) Healthy Eating For Two: Over 190 Quick & Easy Gluten Free Low Cholesterol Whole Foods Cooking For Two Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 198) Stir Fry Cooking: Over 210 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Stir Fry Natural Weight Loss Transformation) (Volume 8) Stir Fry Cooking: Over 210 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Stir Fry Natural Weight Loss Transformation Book 8) One Pot Paleo: Over 100 Quick & Easy Gluten Free

Paleo Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 217) One Pot Paleo: Over 90 Quick & Easy Gluten Free Paleo Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 202) Diabetic Cookbook For One: Over 280 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation) Diabetic Cookbook For One: Over 310 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation 6) Superfoods Cookbook: Over 95 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 29) Healthy Kids Cookbook: Over 260 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) Superfoods Smoothies Bible: Over 160 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) Desserts For Diabetics: Over 50 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Diabetes Recipes: Over 240 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Eating Recipes full of Antioxidants & Phytochemicals ... Natural Weight Loss Transformation Book 8) Diabetes Recipes: Over 240 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Eating Recipes full of Antioxidants & Phytochemicals ... Natural Weight Loss Transformation Book 9) Healthy Kids Cookbook: Over 270 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) (Volume 7) Superfoods Smoothies Bible: Over 180 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 163)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)