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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)





Synopsis

How Can You Go Wrong With Superfoods-Only Stir Fries? 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!! Stir Fry Cooking - 14th edition contains over 210 Superfoods Stir Fry recipes created with 100% Superfoods ingredients. This book contains recipes for: Stir Fries Most of the meals can be prepared in just 10-15 minutes. Superfoods cooking for two at it's best!! Each recipe combines Whole Foods Superfoods 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 you 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

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Book Information

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Customer Reviews

This book is clear, concise, and thorough. This is absolutely essential to own if you enjoy stir-frying. The instructions are easy to follow, the ingredients are easy to find and the recipes are relatively simple and delicious. This is the best stir-frying cook book I have ever used. It has both the basic information I needed to start to learn how to stir fry, yet also has advanced information to let me expand my stir frying techniques.

What I like about this cooking book is most of the meals can be prepared in just 10-15 minutes. Superfoods cooking for two at it's best is in this book too. Each recipe combines Whole Foods Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and many more for our healthy body as our well being too.

Anyone who prefer to take healthy and clean eating on a daily basis should have a book like this. This book also contains information about the important instructions to reduce weight and proper recipes preparation details. Through this book help you will not only get a healthy lifestyle and reduce weight. This is a book for every recommendation!

This is a great recipe book for someone like me. The information presented in this book offers just that; with quick, easy foods that are healthy. I like how the writer very briefly provides the history of this method of cooking without including unnecessary information.

We really enjoyed some of the recipes from this cookbook. Great for the beginner or more experienced cook, this book, which I got in exchange for my honest opinion, hits the spot for many tastes! I got this book along with a new wok so I was excited to get started again! Thank you and enjoy your meal and enjoy your day.

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