



## Vegetarian Cooking for Beginners: Second Edition - Over 145+ Vegetarian Quick Easy Cooking, Heart Healthy Cooking, Wheat Free Diet, Whole Foods Diet, Cooking for Two, Weight Loss Meal Plans (Paperback)

By Don Orwell

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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 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!! Vegetarian Cooking For Beginners - second edition contains over 145 Superfoods recipes created with 100 Superfoods Vegetarian ingredients. This 300+ pages long book contains recipes for: Appetizers Soups Condiments Breakfast Superfoods Vegetarian Salads Side dishes Crockpot recipes Stews Sweets Most of the meals can be prepared in just 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...

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