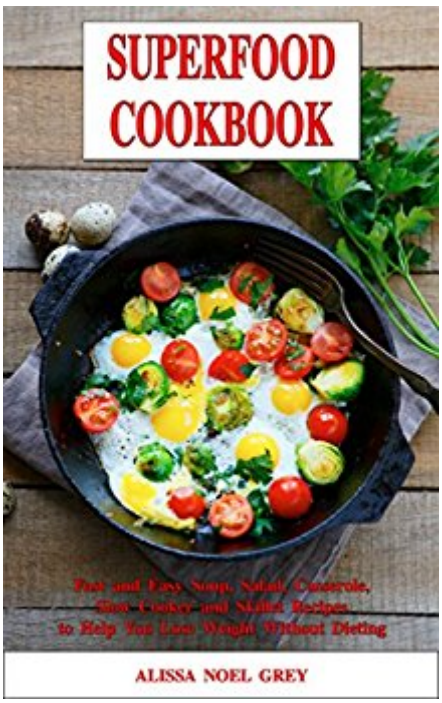
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Synopsis

Superfoods That Will Super Charge Your Weight Loss!From the author of several bestselling cookbooks, Alissa Noel Grey, comes a great new collection of delicious, easy to make recipes. This time she offers us amazing superfood recipes from around the world to rev up your metabolism and boost your nutrition. Simple and easy, energizing and weight loss friendly - you are sure to find the perfect superfood meal to make hunger a non-issue and help you reach your ideal weight.Superfood Cookbook: Fast and Easy Soup, Salad, Casserole, Slow Cooker and Skillet Recipes to Help You Lose Weight Without Dieting is an invaluable and delicious collection of fat-burning superfood recipes that will please everyone at the table and become all time favorites. Most of the meals can be prepared in about 20 minutes. Each recipe combines superfood ingredients that deliver astonishing amounts of antioxidants, essential fatty acids, minerals, vitamins, and proteins. If you’re looking for delicious recipes that are healthy and great for quick weight loss, opt for these easy meals that are packed with fiber and whole food ingredients to help you jump start your post-holiday diet.***FREE BONUS RECIPES at the end of the book - Easy Paleo, Gluten-Free, Fat Burning Smoothies for Better Health and Natural Weight Loss***

Book Information

File Size: 2032 KB

Print Length: 109 pages

Page Numbers Source ISBN: 1520682298

Publisher: Fuss-free Clean Eating Diet Best Sellers for Detox and Cleanse Kindle Unlimited (February 22, 2017)

Publication Date: February 22, 2017

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B06X9BMYG5

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #138,221 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

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Customer Reviews

Same old same old. Was looking for something new or different.

Very helpful and I love the recipes!!!!!

Yummy sounding recipes.Planning to try them allFun and easy and do not seem confusing at all.Healthy and fun flavors.ÃƒÂ Ã Å¸Ã ËœÃ Â•Try it soon.

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