



**Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Slow Cooker-Slow Cooker Recipes) (Volume 100)**

*Don Orwell*

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## **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!! Slow Cooker Low Carb book contains low carb recipes from my other Superfoods books. Recipes are not for induction phase, they are more for phase 4, lifetime maintenance. Some ingredients have little bit more carbs and they are marked as optional and it is up to you to include them. All recipes are created with 100% Superfoods ingredients. This 200 pages long book contains recipes for: • Superfoods Stews, Chilies and Curries • Superfoods Casseroles • Superfoods Crockpot Recipes • Bonus chapter: Superfoods Stir Fries • Bonus chapter: Superfoods Side Dishes Most of the meals can be prepared in under 15 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 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?**

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**From reader reviews:**

**Stephen Hancock:**

As people who live in typically the modest era should be revise about what going on or info even knowledge to make these individuals keep up with the era that is certainly always change and move forward. Some of you maybe may update themselves by reading books. It is a good choice for you personally but the problems coming to a person is you don't know what type you should start with. This Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Slow Cooker-Slow Cooker Recipes) (Volume 100) is our recommendation so you keep up with the world. Why, because book serves what you want and want in this era.

**Brenda Seddon:**

The knowledge that you get from Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Slow Cooker-Slow Cooker Recipes) (Volume 100) is the more deep you excavating the information that hide inside the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to understand but Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Slow Cooker-Slow Cooker Recipes) (Volume 100) giving you excitement feeling of reading. The article writer conveys their point in a number of way that can be understood by means of anyone who read that because the author of this book is well-known enough. This book also makes your own personal vocabulary increase well. That makes it easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having this Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Slow Cooker-Slow Cooker Recipes) (Volume 100) instantly.

**Kevin Adams:**

Playing with family inside a park, coming to see the water world or hanging out with good friends is thing that usually you could have done when you have spare time, and then why you don't try point that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Slow Cooker-Slow Cooker Recipes) (Volume 100), it is possible to enjoy both. It is good combination right, you still want to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its referred to as reading friends.

**Aurora Ammon:**

The book untitled Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups ... Slow Cooker-Slow Cooker Recipes) (Volume 100) contain a lot of information on it. The writer explains your ex idea with easy approach. The language is very clear and understandable all the people, so do not worry, you can easy to read it. The book was published by famous author. The author brings you in the new age of literary works. You can read this book because you can continue reading your smart phone, or product, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can available their official web-site and order it. Have a nice learn.

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