



**Slow Cooking for One: 60+ Slow Cooker Meals,  
Antioxidants & Phytochemicals, Soups Stews and  
Chilis, Gluten Free Cooking, Casserole Meals,  
Casserole ... Cookbook-Slow Cooker Meals)  
(Volume 86)**

*Don Orwell*

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# **Slow Cooking for One: 60+ Slow Cooker Meals, Antioxidants & Phytochemicals, Soups Stews and Chilis, Gluten Free Cooking, Casserole Meals, Casserole ... Cookbook-Slow Cooker Meals) (Volume 86)**

*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 Cooking for One has various Slow cooking meals measured for one or two. All recipes are created with 100% Superfoods ingredients. This 200+ 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 Desserts Most 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 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

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**Arturo Hasan:**

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them household or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a e-book. The book Slow Cooking for One: 60+ Slow Cooker Meals, Antioxidants & Phytochemicals, Soups Stews and Chilis, Gluten Free Cooking, Casserole Meals, Casserole ... Cookbook-Slow Cooker Meals) (Volume 86) it is rather good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book from the smart phone. The price is not to fund but this book provides high quality.

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**Edward Orr:**

The book untitled Slow Cooking for One: 60+ Slow Cooker Meals, Antioxidants & Phytochemicals, Soups Stews and Chilis, Gluten Free Cooking, Casserole Meals, Casserole ... Cookbook-Slow Cooker Meals) (Volume 86) contain a lot of information on that. The writer explains the woman idea with easy approach. The language is very clear and understandable all the people, so do not necessarily worry, you can easy to read this. The book was compiled by famous author. The author will bring you in the new period of literary works. You can read this book because you can read more your smart phone, or gadget, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site as well as order it. Have a nice study.

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interest. They just do what the professor want, like asked to the library. They go to generally there but nothing reading critically. Any students feel that examining is not important, boring along with can't see colorful photos on there. Yeah, it is to be complicated. Book is very important for yourself. As we know that on this era, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore , this Slow Cooking for One: 60+ Slow Cooker Meals, Antioxidants & Phytochemicals, Soups Stews and Chilis, Gluten Free Cooking, Casserole Meals, Casserole ... Cookbook-Slow Cooker Meals) (Volume 86) can make you sense more interested to read.

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