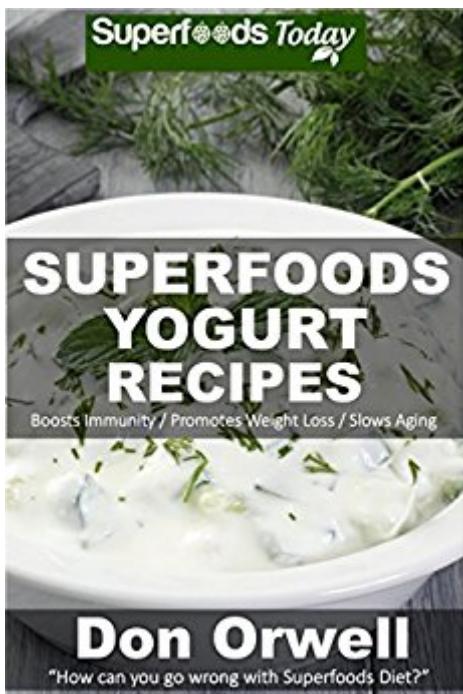


The book was found

# **Superfoods Yogurt Recipes: Over 25 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 143)**



## Synopsis

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 â “ theyâ ™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!!Superfoods Yogurt Recipes contains over 25 Yogurt recipes created with 100% Superfoods ingredients. Most of the meals can be prepared in under 15 minutes. Each recipe combines Yogurt and other Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. â œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â • - Hippocrates 460 - 370 BCThe 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 itâ ™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 todayâ ™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 doesnâ ™t restrict any major type of food. If features:

- â ¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado
- â ¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils
- â ¢ Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat
- â ¢ Simple non-processed Dairy: Greek Yogurt, Farmerâ ™s Cheese, Goat Cheese
- â ¢ 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:

- â ¢ Start losing weight and boost energy
- â ¢ Get rid of sugar or junk food cravings
- â ¢ Lower your blood sugar and stabilize your insulin level
- â ¢ Detox your body from years of eating processed foods
- â ¢ Lower your blood pressure and your cholesterol
- â ¢ Fix your hormone imbalance and boost immunity
- â ¢ Increase your stamina and libido
- â ¢ Get rid of inflammations in your body

Would You Like To Know More?Download and start getting healthier today.Scroll to the top of the page and select the buy button.

## Book Information

File Size: 2522 KB

Print Length: 86 pages

Page Numbers Source ISBN: 1519592914

Simultaneous Device Usage: Unlimited

Publisher: Superfoods Today; 1 edition (November 27, 2015)

Publication Date: November 27, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B018O2513Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #105,496 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #12 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Cheese & Dairy #37 in Books > Cookbooks, Food & Wine > Desserts > Frozen Desserts

[Download to continue reading...](#)

Superfoods Yogurt Recipes: Over 25 Quick & Easy Gluten Free Low Cholesterol Whole Foods

Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 143)

Superfoods Cookbook: Over 95 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes

full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 29) Superfoods

Smoothies Bible: Over 180 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender

Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 163)

Superfoods Smoothies Bible: Over 160 Quick & Easy Gluten Free Low Cholesterol Whole Foods

Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation)

Diabetes Recipes: Over 240 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole

Foods Diabetic Eating Recipes full of Antioxidants & Phytochemicals ... Natural Weight Loss

Transformation Book 8) Diabetes Recipes: Over 240 Diabetes Type-2 Quick & Easy Gluten Free

Low Cholesterol Whole Foods Diabetic Eating Recipes full of Antioxidants & Phytochemicals ...

Natural Weight Loss Transformation Book 9) One Pot Paleo: Over 100 Quick & Easy Gluten Free

Paleo Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight

Loss Transformation Book 217) One Pot Paleo: Over 90 Quick & Easy Gluten Free Paleo Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 202) Food For Diabetics: Over 290 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals ... Natural Weight Loss Transformation Book 6) Food For Diabetics: Over 220 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 184) Healthy Eating For Two: Over 190 Quick & Easy Gluten Free Low Cholesterol Whole Foods Cooking For Two Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 198) Healthy Eating For Kids: Over 190 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 283) Desserts for Two: Over 50 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 57) Crockpot Dump Meals: Over 200 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Slow Cooking Natural Weight Loss Transformation Book 9) Stir Fry Cooking: Over 210 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Stir Fry Natural Weight Loss Transformation Book 8) Healthy Kids Cookbook: Over 260 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) Desserts For Diabetics: Over 50 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Healthy Kids Cookbook: Over 270 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) (Volume 7) Diabetic Cookbook For One: Over 280 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation) Healthy Kids Cookbook: Over 260 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) (Volume 6)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help