Slow Cooking Beef: Over 45+ Low Carb Slow Cooker Beef Recipes, Dump Dinners Recipes, Quick Easy Cooking Recipes, Antioxidants Phytochemicals, Soups Stews and Chilis, Slow Cooker Recipes (Paperback)

By Don Orwell

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. 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!! Slow Cooking Beef - 2nd edition book contains low carb slow cooking beef 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 160+ pages long book contains recipes for: - Superfoods Stews, Chilies and Curries - Superfoods Beef Soups 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,...

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Reviews

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Comprehensive information! Its this sort of great go through. It really is rally interesting throgh studying time. I am just quickly can get a satisfaction of looking at a created pdf.
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