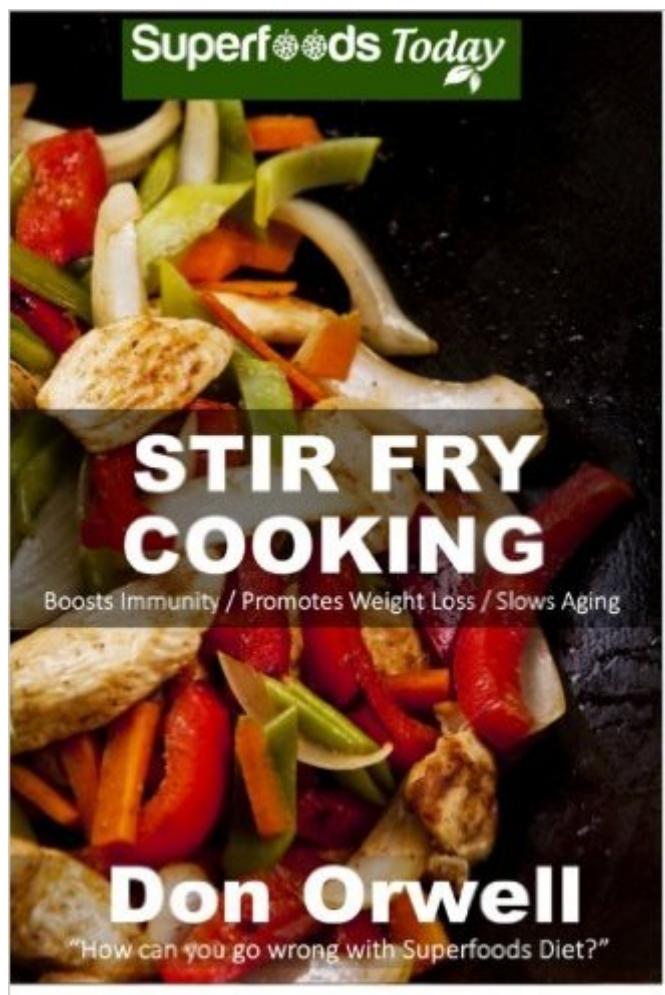


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# **Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stir Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45)**





## Synopsis

How Can You Go Wrong With Superfoods-Only Stir Fries? 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!! Stir Fry Cooking contains over 40 Superfoods Stir Fry recipes created with 100% Superfoods ingredients. This book contains recipes for: â € Stir Fries â € Bonus Chapter - Superfoods Salads Most of the meals can be prepared in just 10-15 minutes. Superfoods cooking for two at it's best!! Each recipe combines Whole Foods Superfoods 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 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 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**

Series: stir fry recipes-stir fry recipe books-stir fry cooking- Wheat Free Cooking-Heart Healthy Cooking-Quick & Easy-Low Cholesterol

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## **Customer Reviews**

If you think it's IMPOSSIBLE to find tasty meals that are wheat free, look no further! I love the recipes from Don Orwell in this book and now have a ton of new options for dinner. Light options that are still tasty - what more could you need? I highly recommend!

Great Book, I really liked the recipe ideas. My boyfriend loves this kind of stuff, so I'm excited to try it out! Really clear instructions, and now I know what I need to get at the store. Pictures are mouth watering.. great book, If your considering it, I'd recommend it!

I have always loved making stir fry but I never had that many recipes and my friends and family were getting tired of my same old recipes. Now that I have this book everyone is really impressed with my cooking including me! I definitely recommend this book.

Fifty-eight of the best stir fry recipes in one fantastic cookbook and you and your whole family will love. Thank you and enjoy your meal and enjoy your day.

wonderful book

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of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54)

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