



Stir Fry Cooking: Over 80 Quick Easy Gluten Free Low Cholesterol Whole Foods Recipes Full of Antioxidants Phytochemicals

By Don Orwell

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book. 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 - 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!! Stir Fry Cooking - fifth edition contains over 80 Superfoods Stir Fry recipes created with 100 Superfoods ingredients. This book contains recipes for: Stir Fries Bonus Chapter - Superfoods Salads Most of the meals can be prepared in just 10-15 minutes. Superfoods cooking for two at its best!! Each recipe combines Whole Foods Superfoods 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...

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