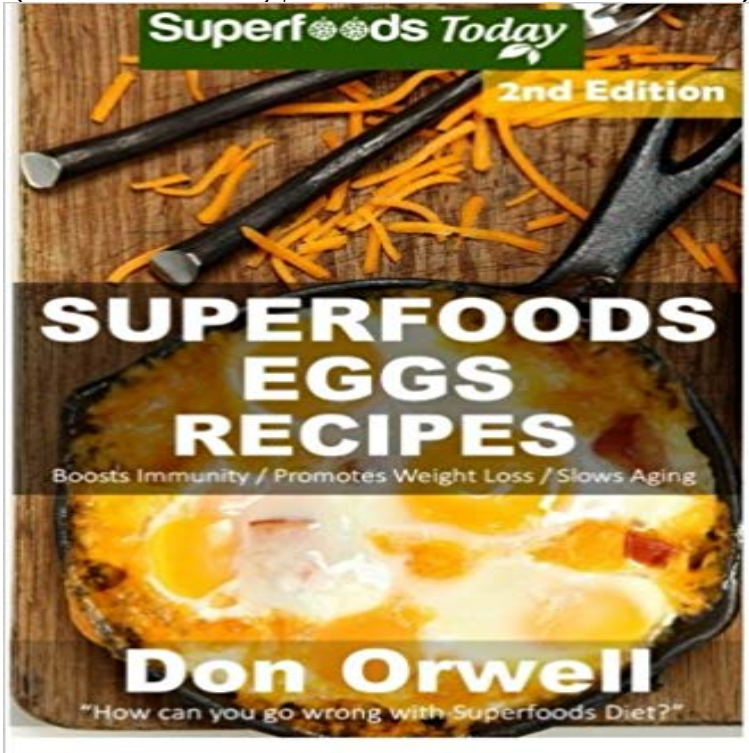


## Superfoods Eggs Recipes: Over 45 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100)



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 theyre 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 Eggs Recipes - second edition contains over 45 Eggs recipes created with 100% Superfoods ingredients. Most of the meals can be prepared in under 15 minutes. Each recipe combines Eggs and other 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. Its nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because its 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 todays 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 doesnt restrict any major type of food. If 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, Farmers 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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