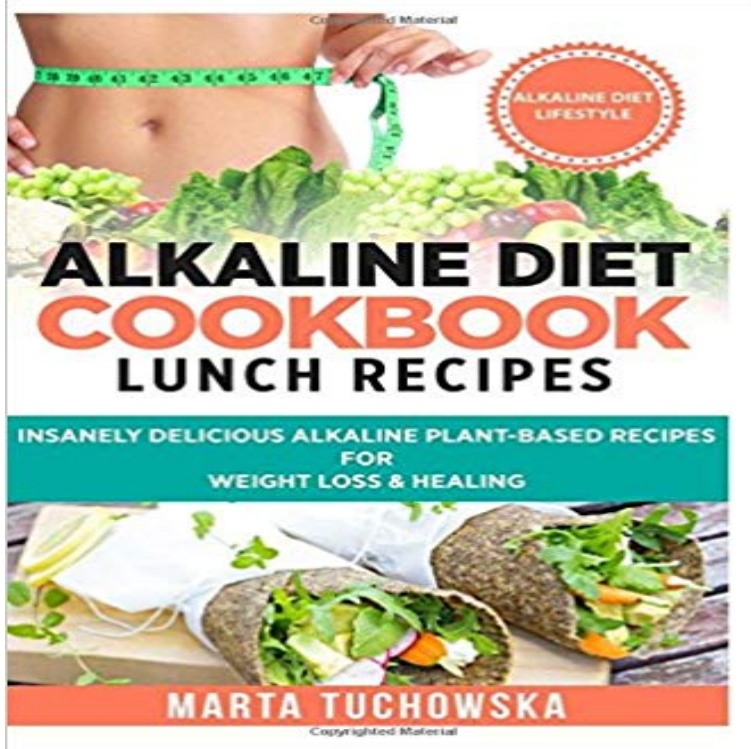


## Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2)



The Alkaline Diet Made Easy, Exciting, Doable, and Fun! Effective, 100% natural solutions to feel amazing and start losing weight. Without feeling deprived. Once and for all. Have you ever been told that the alkaline diet is hard to follow? Have you ever been told that the alkaline foods are fad? Well, you have been lied to! It's not about eating less. It's about eating right. The alkaline diet is a holistic tool that helps you achieve wellness and health by supporting your body's natural healing system. Wouldn't it be great to be up early every day, feeling amazing, and actually looking forward to starting your day? Wouldn't it be great to eliminate those afternoon energy crashes and stop being dependent on caffeine? And wouldn't it be great to start losing weight naturally (or maintain your ideal weight) without torturing yourself with calorie counting and unrealistic starvation diets? You see, the alkaline diet is not about eating 100% alkaline. It's not about surviving on cucumbers and kale. The good news is that you are just about to discover tasty and healthy plant-based recipes so that you eat a clean, balanced diet inspired by the alkaline diet and actually enjoy it! The Best Part? It's Easy! - Most ingredients are really easy, everyday and common sense ingredients that are easy to find at your local grocery store or supermarket. - You don't need to be a good cook or a qualified chef to learn those simple and delicious recipes. - You don't need any fancy kitchen equipment to get started on the plant-based recipes contained in this alkaline cookbook. Here's What You Will Learn with the Alkaline Diet Cookbook: Lunch Recipes: - Alkaline Diet - The Common Sense Approach - Why It's Good for You - Beyond Foods - Negative Emotions and Stress Are Acid-Forming - Motivation and Organization to Keep on Track - Common Questions (Eating Out, Social Life, Bread, Treats, Are Lemons

Alkaline?)-Common pH Myths-Simple and Doable Alkaline Recipes for Busy People-Refreshing Salad Recipes-Satisfying Soups and Stews-BONUS: Alkaline-friendly Treats-International Dishes Made Alkaline-BONUS: More vegan-alkaline recipes +beginners guide + food list (follow instructions inside)Get your copy today!You'll be surprised to see how easy it is to stay healthy, feel energized, and keep on track!

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