



**Superfoods Recipes Box Set: 500+ Superfoods  
Breakfasts, Casseroles, Soups & Stews, Salads,  
Smoothies, Stir Fries and Desserts : Gluten Free  
Diet, Wheat ... - weight loss meal plans Book 85)**

*Don Orwell*

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# **Superfoods Recipes Box Set: 500+ Superfoods Breakfasts, Casseroles, Soups & Stews, Salads, Smoothies, Stir Fries and Desserts : Gluten Free Diet, Wheat ... - weight loss meal plans Book 85)**

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## **How Can You Go Wrong With Superfoods-Only Lifestyle?**

**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!!

## **Superfoods are NOT only exotic berries like Acai, Goji or Noni!**

Acai, Goji or Noni berries are great, they're full of antioxidants, but you can't live on them. Superfoods covered in this book are regular, everyday Superfoods, like spinach, broccoli, quinoa, olive oil, garlic, kale, salmon, ginger, avocado, berries, flax seeds; basically nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. 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

## **“Our Food Should Be Our Medicine And Our Medicine Should Be Our Food.” - Hippocrates 460 - 370 BC**

Weight Loss Box Set One is based on Superfoods Diet and it is accompanied with Superfoods Cookbook (200+ healthy Superfoods Recipes) and Superfoods Smoothies Bible (160+ Smoothies recipes). This is 900+ pages box set!! Superfoods 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 it'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 diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in today'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.

## Only Superfoods Slow Aging!

Superfoods Recipes Box Set contains over **500 Superfoods recipes** created with 100% Superfoods ingredients. This 800+ pages long box set contains recipes for:

- Appetizers
- Soups
- Condiments
- Breakfast
- Salads
- Grilled meats
- Side dishes
- Crockpot recipes
- Casseroles
- Stews
- Stir fries
- Sweets

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