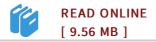


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Stir Fry Cooking: Over 70 Quick Easy Gluten Free Low Cholesterol Whole Foods Recipes Full of Antioxidants Phytochemicals (Paperback)

By Don Orwell

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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 fourth edition contains over 70 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 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. 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 ...



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