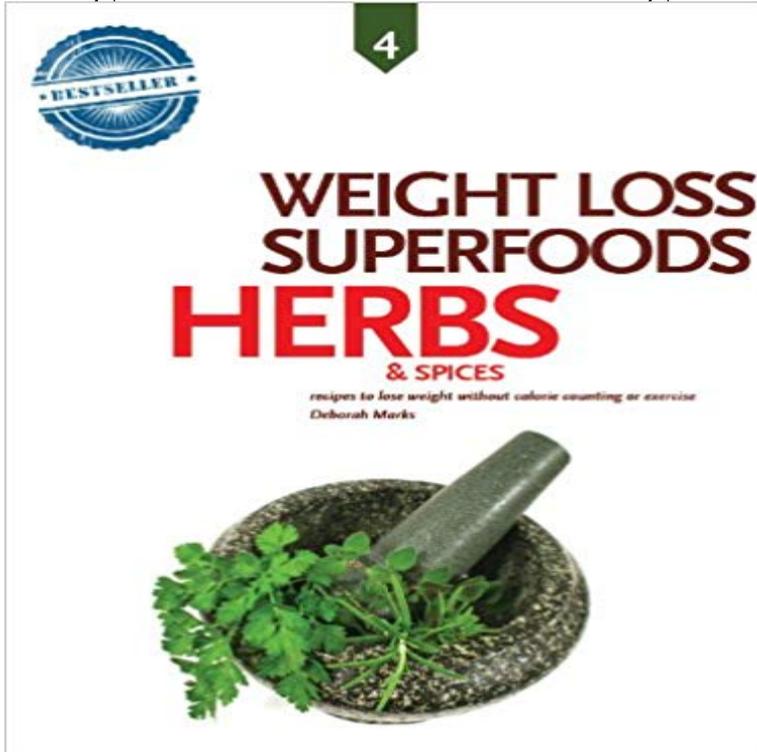


Herbs and Spices, Weight Loss Superfoods: Recipes to Help You Lose Weight Without Calorie Counting or Exercise (Vol 4)



Do you want to lose weight without ever counting calories, exercising or feeling deprived? In the Weight Loss Superfoods series, Deborah Marks offers you a healthy way to shed pounds without a radical, calorie-restricted diet, or hours-long daily session in the gym. Eating a satisfying, fat-burning diet has never been easier than with the recipes in her delicious cookbook series. Superfoods are whole foods with special properties to help you lose weight. They provide a powerful punch of nutrients and fiber in fewer calories than other types of food. Not only do you feel satisfied on fewer calories, but superfoods help you stay full longer. This helps you drop weight effortlessly without ever feeling hungry or needing to make endless trips to the gym. With superfoods, you actually eat to lose weight! In the this volume of Weight Loss Superfoods, Deborah Marks focuses on the power nuts and seeds have to help you control your weight. Inside youll find: - 25 delicious and satisfying recipes to help you feel full and lose weight Advice on how to properly store and prepare delicious nuts and seeds to help maximize their fat-fighting nutrients. Information about why nuts and seeds are more than just a snack, and the aspects of these various foods that contain powerful properties that will help you control your weight or lose weight. Reading this book will enable you to make educated decisions about what to eat and how to lose more weight. - Ideas and suggestions for working these foods into all of your meals to increase your fat loss potential. Table of Contents Herbs and Spices: Nutrient Rich Superfood What Are Superfoods How to select your superfoods Cilantro and Coriander Ginger-Cilantro Rice Lime Cilantro Sweet Potatoes Spiced Peas With Cilantro and Lime Black Bean and Brown Rice Quinoa with Cilantro and Black Beans Cinnamon Almond and Cinnamon Granola Sticky Cinnamon Figs Jerk Chicken Curried Red

Lentil Soup Winter Squash & Chicken Tzimmes Garlic Garlic Shrimp with White Beans Borlotti Beans with Garlic and Olive Oil Hearty Garlic Greens Roasted Garlic Chicken with Forty Cloves of Garlic Ginger Pear, Oat, Cinnamon, and Ginger Shakes Ginger Sesame Bok Choy Saucy Gingered Shrimp with Zucchini & Red Peppers Ginger Grilled Salmon Salad Ginger, Split Pea & Vegetable Curry Turmeric Turmeric Curry Quinoa Turmeric Tea Broccoli with Turmeric and Tomatoes Sauteed Cabbage and Carrots with Turmeric Oven Roasted Cauliflower with Turmeric and Ginger Deborah Marks loves whole food and likes to find ingredients when she can at the fantastic markets in the foothills of the Cascades near her home near Seattle. She combines the love her all natural food with her busy life as a researcher and Yoga instructor. She understands that incorporating superfood into your diet is a pragmatic endeavor, and throughout the book she balances the ideal with the pragmatic reality of including these foods and preparing your meals. Scroll to the top and click Buy now to begin to include the great and powerful superfood into your meal plan.

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