

The book was found

Plant Based Cookbook: 3 In 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes For Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss)



Synopsis

The Alkaline Plant-Based 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. This Special Edition includes: -Book 1: Alkaline Diet Cookbook: Breakfast Recipes: Insanely Good Alkaline Plant-Based Recipes for Weight Loss & Healing -Book 2 Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing -Book 3: Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss Discover and try over 120+ amazing alkaline friendly, plant-based recipes that will help you revolutionize all areas of your health, and (if desired) lose weight! 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. It's about abundance! 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! Guilt-free treats and super tasty meals in their alkaline plant-based versions are also included 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 cookbook. Get your copy today! You'll be surprised to see how easy it is to stay healthy, feel energized, and keep on track!

Book Information

File Size: 2684 KB

Print Length: 256 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 20, 2016

Sold by: A Digital Services LLC

Language: English

ASIN: B01LY90LNC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #62,397 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

inÃÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer #74 inÃÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions #127 inÃÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian

Customer Reviews

I highly recommend this book and collection of recipes for those wanting to take charge of their health by mindfully balancing what they eat. The instruction about how to make your system more alkaline is simple and down to earth. You are encouraged to find and do what works for you in adapting to this way of eating. It is a way of life that is so helpful when you follow it, you can avoid having to take medication for various ailments by learning what causes inflammation in the body and avoiding it. The books are well organized and divided into meals and ideas for breakfast, lunch and dinner. She challenges you to break out of your routine and make gradual changes so you can stick with it and reward yourself for your progress. There is a lot of information about what to eat and why it works. You will feel inspired and empowered to become your own dietary coach with Marta's wise guidance. Thank you for making this available on Kindle Unlimited too!

This recipe book bundle is a great deal- you get A LOT of recipes for all different types of meals, from breakfast to dinner, plus smoothies, snacks, and desserts. Marta makes a point to try to keep things easy to prepare for busy people. This is a great book to have on hand as a staple for vegan alkaline food. As with almost every e-book there are one or two typographical errors mixed in, but it is nothing that would take away from the awesome and healthy recipes and information in the books. I am actually really excited to try more of these recipes; it will take a long time to get through all of them!

Marta, the author, makes her books easy to read and understand. Her ideas are easy to follow and she makes the more technical concepts clear to the uninitiated. I have several of her books and have recommended them to friends.

Very helpful and easy to understand. Really great recipes. Nice that there are hints and suggestions all through to help me be successful.

I absolutely LOVED this bundle. It offers simple recipes that anyone can follow and everyone will enjoy. It is a great addition to anyone's kitchen. The Veggie Paella was AMAZING. I can't wait to try other recipes. My only recommendation would be to add visuals. Some recipes sound really interesting and I'd love to see a picture of them before making it.

[Download to continue reading...](#)

Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Alkaline Cookbook: 50+ Delicious Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Alkaline diet: Step By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Alkaline Diet: 2 manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3) Bariatric Cookbook: Breakfast and Lunch bundle 3 Manuscripts in 1 120+ Delicious Bariatric-friendly Breakfast, Brunch, Lunch and Snack Recipes for Post Weight Loss Surgery Diet Weight Watchers Daily Recipes Cookbook: The Ultimate Weight Loss Cookbook (Breakfast Recipes, Lunch and Dinner Delicious Recipes for weight loss) Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6) The Alkaline Diet Cookbook: Get the Advantage of Alkaline Food List and 25 Alkaline Recipes - Easy Acid Alkaline Diet Cookbook Bariatric Cookbook: Lunch and Dinner bundle 3 Manuscripts in 1 140+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein Lunch and Dinner Recipes for Post Weight Loss Surgery Alkaline Juicing: Supercharge Your Body & Mind, Speed Up

Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1) 50 Quick And Easy Gastric Sleeve Lunch and Dinner Recipes: Easy and Delicious Bariatric Friendly, Low-Carb, High-Protein Lunch and Dinner Recipes For Post Weight Loss Surgery Weight Loss Surgery Cookbook : QUICK MEALS bundle 2 Manuscripts in 1 80+ Delicious Bariatric-friendly Quick Lunch and Dinner Recipes for Post Weight Loss Surgery Diet KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Alkaline Diet: The No B.S. Guide to Alkaline Foods for Easy Weight Loss, Rebalancing Your pH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet for Weight Loss, Juicing, Plant Based Book 7)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)