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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 LossDiscover 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 includedThe 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

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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.

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