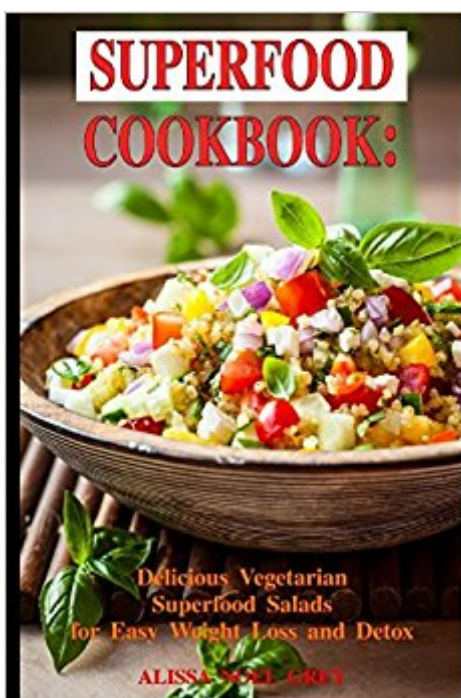


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# Superfood Cookbook: Delicious Vegetarian Superfood Salads For Easy Weight Loss And Detox: Healthy Clean Eating Recipes On A Budget (Superfood Kitchen)



## Synopsis

INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING! Delicious Superfood Salad Recipes that will drastically improve your health AND your weight! Why get your nutrients from expensive supplements when you can enjoy delicious, nourishing superfood salads instead? The healthiest foods on the planet are already in our kitchen or backyard and are surprisingly affordable and encouragingly easy to find. In fact, most superfoods are familiar to everyone: nuts and seeds, legumes, dark green vegetables, fruit and vegetables with bright, intense colors such as beet, eggplants, red peppers and tomatoes. They all have amazing healing qualities and are packed with essential vitamins, minerals, and antioxidants. From the author of several bestselling cookbooks and fitness enthusiast Alissa Noel Grey, comes a delicious new collection of superfood recipes that will naturally boost your metabolism and help you lose weight without starving. Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox is an invaluable and delicious resource of mouthwatering superfood salads that will make you feel as good as they taste and are so quick and easy that they can be on your table in 15 minutes or less. If you're looking for an easy and natural way to lose weight and stay healthy, this cookbook is for you. \*\*\*FREE BONUS GIFT At The End Of The Book - 20 Superfood Paleo and Vegan Smoothie Recipes for Vibrant Health and Easy Weight Loss!\*\*\*

## Book Information

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## Customer Reviews

Wonderful salads and dressings By AAI have many allergies so I need to make my own food and this book has been very helpful. The recipes are easy to follow and have a lot of flavor and I am happy I have this book as a reference and idea book when I'm looking for different vegetable combinations and dressings. Vegetarians may especially enjoy this book Creative and simple salads By Georgel personally love salads and have been pretty inventive experimenting with my own recipes. This book is perfect if you are looking for variety in your diet, looking to eat more raw foods or just looking for a healthier lifestyle. I have tried a few of the avocado salads and they are really good. I also made the green bean salad which is a healthier version than the one I am used to. If you like salads this book is a real keeper. Love this cookbook! By Michelle Graham This is just what I was looking for. There are great and different recipes but using ingredients that are readily available. Healthy and yummy.

Alissa Grey is a fitness and nutrition enthusiast who loves to teach people about losing weight and feeling better about themselves. She lives in a small village in the foothills of a beautiful mountain range with her husband, three teenage kids, two free spirited dogs, and various other animals. Alissa is incredibly lucky to be able to cook and eat natural foods, mostly grown nearby, something she's done since she was a teenager. She enjoys yoga, running, reading, hanging out with her family, and growing organic vegetables and herbs.

As much as I love salads, I run out of ideas on how to fix them. My sister says, "I don't want another salad!" She said she feels like a rabbit gnawing on his greens. So, you have to come up with new ideas. Yesterday, I made a salad with three Granny Smith apples cut into cubes. I then took a can of Crushed Pineapple, including the juice and stirred in one small box of Sugar Free Butterscotch Pudding. I mixed the Pudding/Crushed Pineapple in with the Apples and put it in a microwave safe bowl and microwaved it for 2 minutes. I then took 1/4 cup from a can of mixed chopped nuts (they sell these at Wal-Mart for \$1.78 a can and they're usually next to the ice cream toppings) and sprinkled on top. YUMMY!!! Taste like Caramel Apples, but doesn't spike your blood sure and is low cal. It works as a salad or dessert. So anyway, back to the book, there are 79 pages of Salads & Smoothies. The author Allissa Noel Grey has brought several simple recipes forward, with easily obtained ingredients. There's nothing outlandish here, but it will help give you some new ideas and help spark your imagination. As far as "Superfoods?" I think that term may be overplayed. Hundreds of foods could be considered "Superfoods" as the term is so far encompassing. I think very few foods are really "Superfoods" It's more of a combination of healthy foods, that matter most. I do

want to try the Shredded Kale and Brussels Sprout Salad. It sounds pretty good. Also, the Easy Chickpea Salad, because I love garbanzo beans. The book also contains 20 healthy smoothie recipes for you to enjoy. Thank you for reading my review.

Creative and simple salads! personally love salads and have been pretty inventive experimenting with my own recipes. This book is perfect if you are looking for variety in your diet, looking to eat more raw foods or just looking for a healthier lifestyle. I have tried a few of the avocado salads and they are really good. I also made the green bean salad which is a healthier version than the one I am used to. If you like salads this book is a real keeper.

This cook book has some pretty yummy salads and great if you're looking for a cookbook for weight loss. There are some, of course, that are not to my taste, but that is the same with any cookbook. You don't always love every single recipe in the book. I liked or loved most of these recipes. I recommend this book to anyone looking for some new and different salad recipes.

This is a great little recipe book. I was lucky and got it at a drop down price, and I'm so glad I got it. Some of these recipes are yummy!

This is just what I was looking for. There are great and different recipes but using ingredients that are readily available. Healthy and yummy.

I liked the simple, straight forward information: fresh ingredients, dressing, prep. I will definitely go to this on my Kindle as the seasonal fruit & vegetables become available.

Great ideas for the holiday as well as everyday

My husband and I eat quite a few Vegetarian meals throughout his week. I make smoothies for myself,

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