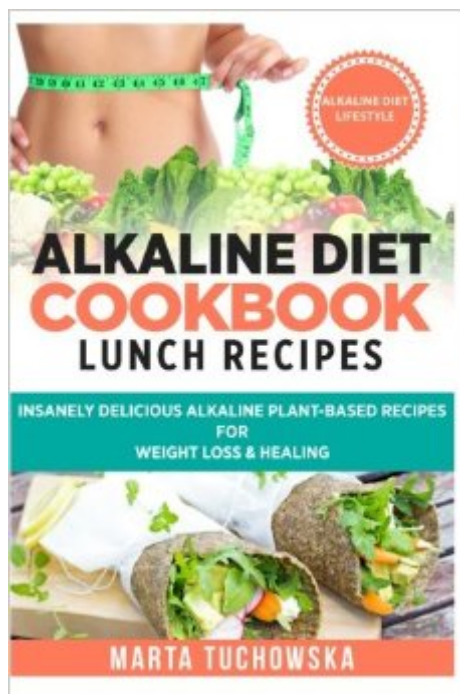


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# **Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes For Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2)**



## Synopsis

The Alkaline 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. Have you ever been told that the alkaline diet is hard to follow? Have you ever been told that the alkaline foods are fad? Well, you have been lied to! It's not about eating less. It's about eating right. The alkaline diet is a holistic tool that helps you achieve wellness and health by supporting your body's natural healing system. 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. 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! 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 alkaline cookbook. Here's What You Will Learn with the Alkaline Diet Cookbook: Lunch Recipes: -Alkaline Diet-The Common Sense Approach- Why It's Good for You-Beyond Foods- Negative Emotions and Stress Are Acid-Forming-Motivation and Organization to Keep on Track-Common Questions (Eating Out, Social Life, Bread, Treats, Are Lemons Alkaline?)-Common pH Myths-Simple and Doable Alkaline Recipes for Busy People-Refreshing Salad Recipes-Satisfying Soups and Stews-BONUS: Alkaline-friendly Treats-International Dishes Made Alkaline-BONUS: More vegan-alkaline recipes +beginners' guide + food list (follow instructions inside) 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

This book was worth the read. It was educational and I learned quite a few things I didn't know. It discussed the importance of alkaline diet and will properly educate the reader on how to be health conscious. Without the presence alkaline in our body we will be prone to many kinds of diseases. The information I found most interesting was the best alkaline meal plan to reduce body acids.

With today's junk foods just arm stretch away |.having a healthy food as an option had become a struggle for some. It's even worse for those who are prone to acid reflux and in a constant struggle to choose the right diet without having to experience the condition. This book by Marta Tuchowska is a nice read for those who are considering Alkaline diet as a method of minimizing stomach acidity while enjoying a delicious meal that you'll surely love. It's both delicious and healthy as well so that a plus factor for those who are health conscious. Great book and surely deserves a space in your bag!

I been hearing allot lately about the alkaline diet and also there are so many ionizers came in my place but what interest me on this book is it gives me an idea on what food are alkaline rich. I think eating alkaline rich foods are much safer than drinking alkaline water cause there are so many fake water ionizer in the market. So the idea and the techniques on this book is really effective and risk-free.

I have recently read an article about eating the best way according to your blood type and so I tried to search more information and found this book. I am on a journey to healthy lifestyle, trying my best to eat healthy. This book is based on eating foods to maintain the acid-alkaline levels of the body. There were alternatives mentioned to substitute common ingredients like using stevia instead of sugar, himalayan salt instead of regular salt, etc. It did a pretty good job of explaining the science of

what alkaline diet does to the body. There are lots of great recipes inside too. This a more valuable book than I'd expected.

I purchased this book for the sake of the lunch recipes and my judgment didn't fail me again. The ones I've tried were consistently great not just in taste but also in preparation. Ingredients were basics (can be bought in any grocery store) just as promised. Totally worth the price.

I heard so much about Alkaline diet. This book proved how beneficial it is for our health and for weight loss. This cookbook gives us great ideas on the what to eat and what not to eat. Loved the recipes presented, very healthy and nutritious.

I definitely enjoyed reading this Alkaline Diet Cookbook. There are very many lunch recipes here that I plan to cook and create. I plan to keep cooking the recipes for a long time simply because they are absolutely delicious. The Vegan Chili was especially delicious and I plan to cook it again for my next family dinner. A truly worthwhile book to read and the recipes are delicious and creative at the same time.

I am interested in an Alkaline Lifestyle. I would love to prepare some alkaline dishes at home for me and my family but I don't know what to cook and are constantly looking for some new alkaline recipes. I'm so glad my best friend recommended me this book. I found many alkaline recipes, including soup recipes, salads and main dishes. They taste great and offer a large number of health benefits.

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