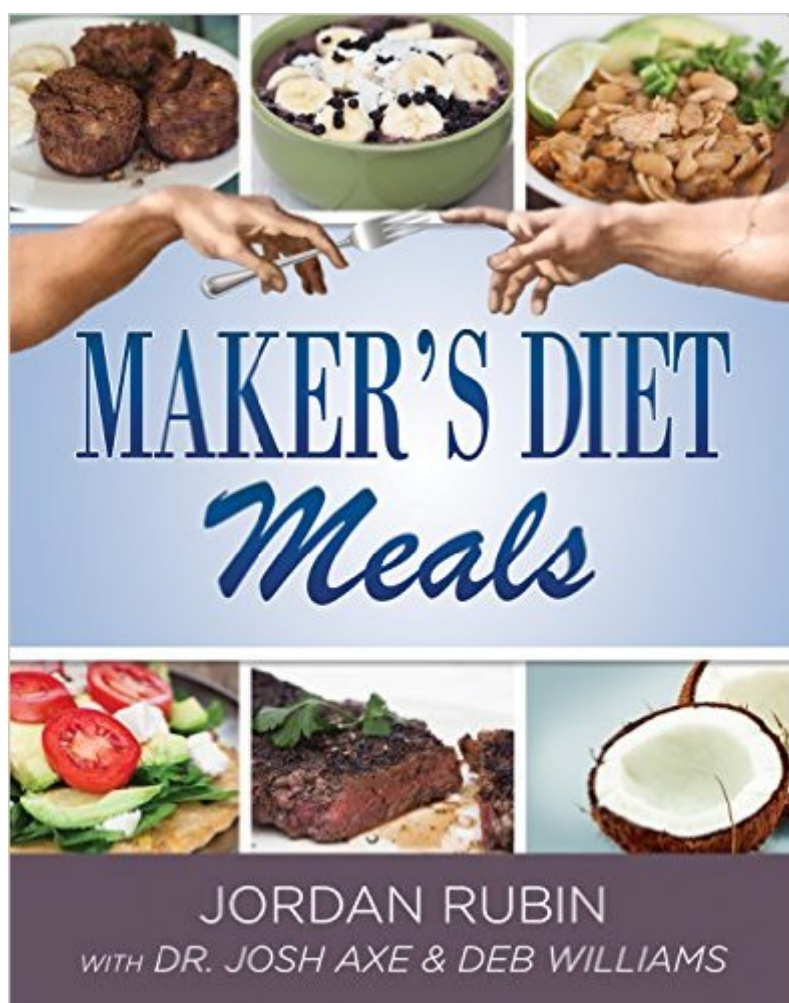


The book was found

Maker's Diet Meals: Biblically-Inspired Delicious And Nutritious Recipes For The Entire Family



Synopsis

How would you like to feed your family a delicious biblically inspired, beyond organic diet each and every day? Maker's Diet Meals will give you a step by step guide to creating 150 mouth-watering breakfasts, lunches, dinners, snacks, smoothies and desserts to help you lose weight and feel great. Combining the bible's ancient wisdom with the best of modern science, Maker's Diet Meals unveils an eating plan that can help you shed unwanted pounds, while cleansing and detoxifying your body. More than just a cookbook, Maker's Diet Meals will teach you the health secrets of the bible and introduce you to an ancient way of eating that is gaining the attention of modern science.

Book Information

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Customer Reviews

Excellent book if you are a fan of Jordan Rubin, Dr. Axe, or if you eat close the Paleo and Gluten free. Simple and easy good tasting meals, desserts, smoothies and more. Also has great information about the Maker's Diet, including foods to eat, foods to replace the common american diet foods with, and more. The information in the front of the book alone is worth the money.

The recipes are delicious BUT the instructions are vague and the ingredients are not always listed correctly. For example- there are several recipes that call for vanilla some say "vanilla" others say "vanilla extract". Also, the pictures of the completed recipe often show the finished recipe with ingredients in it that are not listed in the recipe ingredients. Overall it needs work.

I have followed the Maker's Diet as a way of life for over 5 years now. I feel great and Jordan never

disappoints. Great biblically based recipes.

I have not as yet tried the recipes, but after looking them over, I was pleased to examine the healthy ingredients that I know will serve as good MEDICINE for the body. Looking forward to trying them.

I found the meals well written, easy to follow and used common materials so I wasn't always at the organic food stores. The recipes were tasty so I didn't lose flavor. I truly appreciated the spiral effect in the book which allowed the pages to lie flat and the contrast in printing was easy to read. Sugar is one item I have to be careful of and the recipes allowed me to feel full, satisfied.

Like the book but I'm afraid I don't have the means to cook most of the recipes since I am more of a skillet user as opposed to an oven user. However for people who are really into using the oven this book is game!

I've been wanting to change my diet for awhile. I got to taste some of these dishes when I was taping (music) for a tv program and Jordan was also taping. I can hardly wait to try making some of these dishes myself.

This cook book is great and the recipes are very tasty. Not to mention the nutritional information at the beginning of the book is amazing and very useful. My favorite recipe so far is the smoked black beans.

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