



Quinoa and Other Alternative Grains, Weight Loss Superfoods: Recipes to Help You Lose Weight Without Calorie Counting or Exercise (Vol 2)

Deborah Marks

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Do you want to lose weight without ever counting calories, exercising or feeling deprived? Now you can! In the bestselling Weight Loss Superfoods series, Deborah Marks offers you a healthy way to shed pounds without a radical, calorie-restricted diet, or hours-long daily session in the gym. Eating a satisfying, fat-burning diet has never been easier than with the recipes in her delicious cookbook series.

Superfoods are whole foods with special properties to help you lose weight. They provide a powerful punch of nutrients and fiber in fewer calories than other types of food. Not only do you feel satisfied on fewer calories, but superfoods help you stay full longer. This helps you drop weight effortlessly without ever feeling hungry or needing to make endless trips to the gym. With superfoods, you actually eat to lose weight!

In this volume of Weight Loss Superfoods, Deborah Marks focuses on the power quinoa and other alternative grains have to help you control your weight. Inside you'll find:

- 25 delicious and satisfying recipes to help you feel full and lose weight
- Advice on how to properly store and prepare these delicious grains to help maximize their fat-fighting nutrients. The grains include quinoa to the antioxidant-packed sweet potato.
- Information about why these grains are more than just a side dish, and the aspects of these various foods that contain powerful properties that will help you control your weight or lose weight. Reading this book will enable you to make educated decisions about what to eat and how to lose more weight.
- Ideas and suggestions for working these foods into all of your meals to increase your fat loss potential.

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Deborah Marks loves whole food and likes to find ingredients when she can at the fantastic markets in the foothills of the Cascades near her home near Seattle. She combines the love her all natural food with her busy life as a researcher and Yoga instructor. She understands that incorporating superfood into your diet is a pragmatic endeavor, and throughout the book she balances the ideal with the pragmatic reality of including these foods and preparing your meals.

Scroll to the top and click "Buy now" to begin to include these delicious and powerful superfoods into your meal plan.

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