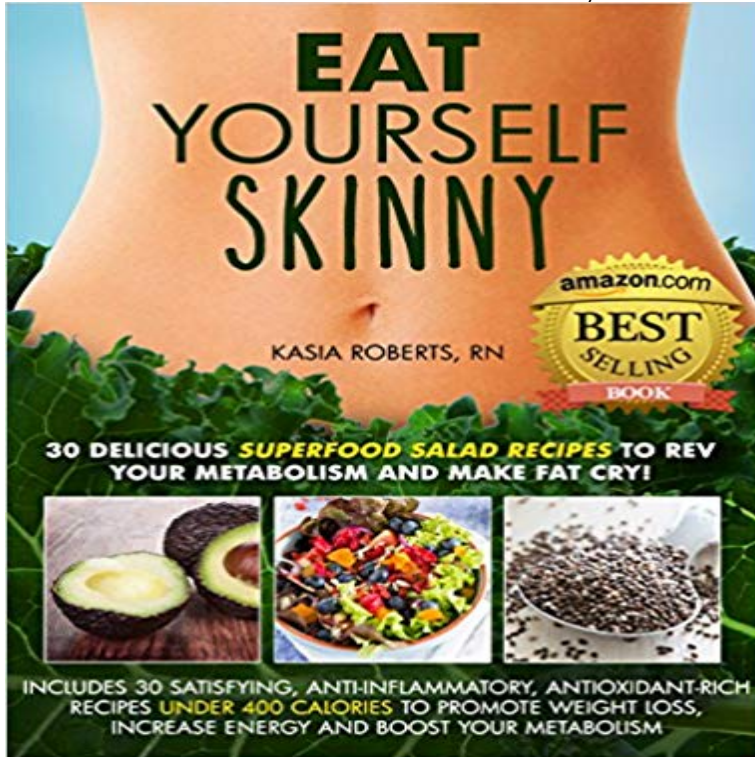


Eat Yourself Skinny: 30 Delicious Superfood Salad Recipes to Rev Your Metabolism and Make Fat Cry!



Discover 30 Delicious, Anti-Inflammatory, Antioxidant-Rich Superfood Salad Recipes Under 400 Calories to Promote Weight Loss, Increase Energy and Boost Your Metabolism!!! Eat Yourself Skinny: 30 Superfood Salad Recipes to Rev Your Metabolism and Make Fat Cry! is a book with your metabolism in mind. It utilizes the various ways humankind has lived and nourished themselves over the past thousands of years; it looks to build a diet sufficient for the every day health difficulties of present times. Three categories of Superfoods: Green Superfoods, Fruit and Nut Superfoods, and Seed Superfoods work together to create several generous, filling salads to boost your metabolism and fuel you for the hours between meals. This is not a starvation salad recipe book. It is a health-boosting, eye-opening diet-guide that recommends a more beneficial way of living and prepares your body to fight off disease with anti-inflammatory, antioxidant-rich superfoods. These super salads can be eaten any time of day- for lunch instead of your typical burger and fries or for delicious dessert to satisfy your sweet tooth on any occasion! Try the Tropical Coconut Fruit Salad or the Polynesian Noni Fruit Salad for refreshing, delectable taste! Here is a sample of some of the salads included in this book: 1. Pecorino Walnut-Topped Kale Salad 2. Fiber-Stocked Warm Kale Salad With a Balsamic Glaze 3. Cranberry Almond Manganese-Stocked Spinach Salad 4. Acai Berry Glazed Ginger Salad 5. Raw Cacao Fruit Salad Dipping Sauce 6. Feta Cheese Mediterranean Quinoa Salad 7. Johnny Apple and Sunflower Seed Spring Salad AND MUCH MORE!!! Just to say thank you for checking out this book I would like to give you a FREE report - Weight Loss Metabolism Secrets: Discover the Secrets to Firing Up Your Metabolism to Achieve Lasting, Natural Weight Loss! Go to

weightloss-tips.ca to grab your free copy now! Simply scroll up and click the BUY button to instantly download your copy today!

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