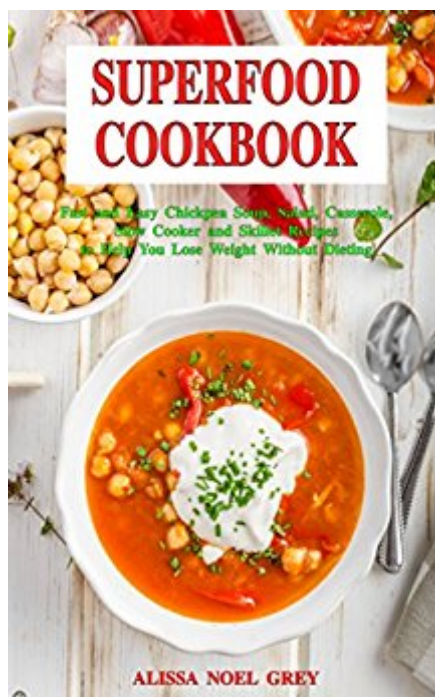


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Superfood Cookbook: Fast And Easy Chickpea Soup, Salad, Casserole, Slow Cooker And Skillet Recipes To Help You Lose Weight Without Dieting: Healthy Cooking For Weight Loss (Eating On A Budget Book 1)



Synopsis

Superfoods at Every Meal - The Wonderful Properties of Chickpeas Plus Delicious Recipes While there is no magic weight loss pill, the common chickpea seems to come close - at least as a natural diet supplement. Chickpeas truly are an everyday superfood. Packed with protein, fiber, anti-oxidants and a host of vitamins and nutrients, chickpeas can keep your carbohydrate cravings in check by maintaining stable blood sugar levels and are an excellent choice for those with gluten intolerance, those looking to lower cholesterol or manage diabetes. From the author of several bestselling cookbooks, Alissa Noel Grey, comes a great new collection of delicious, easy to make recipes. This time she offers us amazing chickpea recipes from around the world to rev up your metabolism and boost your nutrition. Simple and easy, energizing and weight loss friendly - you are sure to find the perfect meal to make hunger a non-issue and help you reach your ideal weight. Superfood Cookbook: Fast and Easy Chickpea Soup, Salad, Casserole, Slow Cooker and Skillet Recipes to Help You Lose Weight Without Dieting is an invaluable and delicious collection of fat-burning chickpea recipes that will please everyone at the table and become all time favorites. Most of the meals can be prepared in about 20 minutes. Each recipe combines chickpeas with other delicious superfood ingredients that deliver astonishing amounts of antioxidants, essential fatty acids, minerals, vitamins, and proteins. If you're looking for delicious recipes that are healthy and great for quick weight loss, opt for these easy chickpea meals that are packed with fiber and proteins to help you jump start your post-holiday diet. ***FREE BONUS RECIPES at the end of the book - Easy Paleo, Gluten-Free, Fat Burning Smoothies for Better Health and Natural Weight Loss***

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