



**The Alkaline Diet Lifestyle Cookbook 3 in 1 BOX SET: Alkaline Breakfast, Lunch & Dinner Recipes for Health, Wellness & Weight Loss (Alkaline Cookbook, Alkaline Recipes) (Volume 4)**

*Marta Tuchowska*

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**The Alkaline Diet Made Exciting, and Fun!**

**This Special Edition Consists of 3 Books (=The Alkaline Diet Lifestyle Cookbook Series) PRINTED IN 1 BOOK.**

*The main benefit of this special edition is that you get the content of 3 books (Alkaline Breakfasts + Alkaline Lunches + Alkaline Dinners) for the price of 2- ALL IN 1 BOOK!*

**With This Purchase, you will get Over 120 Nutritious and Delicious Alkaline Recipes for TOTAL WELLBEING- ALL IN 1 BOOK!** *Let's start our alkaline health-party and invite our VIP guests that will help you increase your energy levels, have more zest for life, reduce inflammation and (if desired) lose weight and burn excess fat...*

Length- 222 pages. Black & White. No Images Included with this Edition.

Contents:

**PART 1-** *Sensational Alkaline Breakfast Recipes for Natural Energy, Health, and Weight Loss*

**PART 2-** *Delectable Alkaline Lunch Recipes for Vibrant Health, Unstoppable Energy, and Massive Weight Loss*

**PART 3-** *Irresistible Alkaline Dinner Recipes for Natural Weight Loss, Healing, and Supercharged Health*

**Important:** *You will receive all of these books printed in 1. You will not receive 3 different books.*

-Yes, those special, **alkaline VIP guests** are just about to show you some really effective, 100% natural solutions to **smash excess fat** and eliminate disease and ailments.

*Without feeling deprived.*

**Once and for all.**

**Our Philosophy:** *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.

**Energy=Success and Happiness in All Areas of Life**

-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.

**About the Alkaline Diet Lifestyle Cookbook:**

- \* 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 my recipes.

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**From reader reviews:**

**Cornelius Ryerson:**

Are you kind of busy person, only have 10 as well as 15 minute in your day to upgrading your mind ability or thinking skill actually analytical thinking? Then you are experiencing problem with the book in comparison with can satisfy your short time to read it because all of this time you only find book that need more time to be examine. The Alkaline Diet Lifestyle Cookbook 3 in 1 BOX SET: Alkaline Breakfast, Lunch & Dinner Recipes for Health, Wellness& Weight Loss (Alkaline Cookbook, Alkaline Recipes) (Volume 4) can be your answer given it can be read by a person who have those short spare time problems.

**Stacey Smith:**

In this age globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The actual book that recommended to you personally is The Alkaline Diet Lifestyle Cookbook 3 in 1 BOX SET: Alkaline Breakfast, Lunch & Dinner Recipes for Health, Wellness& Weight Loss (Alkaline Cookbook, Alkaline Recipes) (Volume 4) this e-book consist a lot of the information of the condition of this world now. This kind of book was represented how does the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Typically the writer made some study when he makes this book. Honestly, that is why this book acceptable all of you.

**Terry Kiser:**

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**Jean Cunningham:**

As a student exactly feel bored to help reading. If their teacher expected them to go to the library as well as to make summary for some publication, they are complained. Just small students that has reading's heart and soul or real their passion. They just do what the professor want, like asked to go to the library. They go to

right now there but nothing reading very seriously. Any students feel that reading is not important, boring along with can't see colorful pics on there. Yeah, it is being complicated. Book is very important in your case. As we know that on this era, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. So , this The Alkaline Diet Lifestyle Cookbook 3 in 1 BOX SET: Alkaline Breakfast, Lunch & Dinner Recipes for Health, Wellness& Weight Loss (Alkaline Cookbook, Alkaline Recipes) (Volume 4) can make you really feel more interested to read.

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