



The Alkaline Diet: A 14-Day Alkaline Diet Plan (Over 75 Delicious Alkaline Diet Recipes To Satisfy Every Craving (Alkaline Diet, Alkaline Diet Plan) (Volume 1)

By *Tatiana Barbosa*

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Do You Ever Feel Overly-Tired And Wish You Had More Energy Throughout The Day? If so, then chances are that the foods you eat are overly-acidic. The good news is that you can easily solve these problems by eating more alkaline foods. In fact, the alkaline diet has proven to increase energy levels, improve immune function, reduce joint pain, keep gums and teeth healthier, as well as slow down the aging process. The 14-Day Alkaline Diet Plan includes over 75 recipes with easy step-by-step instructions. It was designed so that you don't have to go searching for hours to come up with meals for breakfast, lunch, dinner, snacks, drinks, and dessert - all of those are right here at your finger tips to make it a simple decision for you. Here Is A Sample Of What's Inside: - Banana with Cottage Cheese Breakfast - Chicken Salad with Fruits and Veggies - Sautéed Kale and Broccoli with Tomatoes - Blackberry Beet Juice with Apple and Ginger - Tofu Lasagna with Grilled Vegetable - Sweet Potato and Apple Casserole - Celery Root Salad If you'd like to see all the amazing recipes, you can take the opportunity to preview the book. Imagine how energized, healthy, and pain-free you will feel in less than 14-days.

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