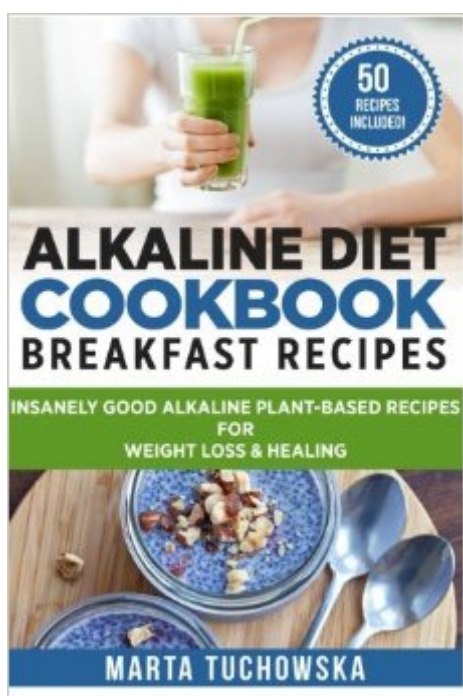


The book was found

# Alkaline Diet Cookbook: Breakfast Recipes: Insanely Good Alkaline Plant-Based Recipes For Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 1)



## Synopsis

The Alkaline Diet Made Easy, Exciting, Doable, and Fun! Effective, 100% natural solutions to feel amazing and start losing weight. Without feeling deprived. Once and for all. Have you ever been told that the alkaline diet is hard to follow? Have you ever been told that the alkaline foods are fad? Well, you have been lied to! 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. 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. The good news is that you are just about to discover tasty and healthy plant based recipes so that you eat a clean alkaline diet and actually enjoy it! The Best Part? It's Easy: -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 the alkaline recipes contained in this plant based cookbook! Here's What You Will Learn with the Alkaline Diet Cookbook: Breakfast Recipes -Alkaline Diet-The Common Sense Approach- Why It's Good for You -Beyond Foods- Negative Emotions and Stress Are Acid-Forming -The 80/20 rule. Stress-Free and Successful! -Motivation and Organization to Keep on Track -Common Questions (Eating Out, Social Life, Bread, Treats, Are Lemons Alkaline?) -Common pH Myths -Simple and Doable Alkaline Recipes for Busy People -Alkaline Friendly Porridges, Puddings, Bakes, and Breakfast Treats (Vegan Friendly) -Breakfast Smoothies and Juices (Dairy-Free, Vegan) -Hunger Satisfying Alkaline recipes: creative wraps, stir-fries + much much more! All plant based, healthy, alkaline and delicious! Get your copy today! You'll be surprised to see how easy it is to get healthy, feel amazing and stay energized throughout the day!

## Book Information

Series: Alkaline Recipes, Plant Based Cookbook, Nutrition

Paperback: 100 pages

Publisher: CreateSpace Independent Publishing Platform; 2 edition (May 19, 2016)

Language: English

ISBN-10: 1533357773

ISBN-13: 978-1533357779

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â Â See all reviewsÂ (22 customer reviews)

Best Sellers Rank: #158,202 in Books (See Top 100 in Books) #40 inÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer #384 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

Interesting book. I had heard about the Alkaline diet a few times before, but I never really understood what that was supposed to be. This book gave me a good understanding of what the Alkaline diet is and how you can integrate it into your life, and what the many benefits are. It also gives you many useful ideas and recipes.

The Alkaline Diet Lifestyle Cookbook is a great book for you, if you want to have more energy, if you are looking for a natural way to lose weight and still enjoy healthy food. If you want to eat delicious food but you don't want to spend hours in the kitchen. The book provides comprehensive information on the subject. The most important thing- the book includes wonderful recipes of breakfast that healthy and easy to prepare. I'm sure I'll use many recipes written in the book. Well done Marta!

Honestly, I never heard of Alkaline diet before when I came across this book, so I learned a lot when I read this. The book is more than just giving the basics of the diet. There are some many great recipes packed in this read that give you a wonderful opportunity to see just how one can adjust the diet to his/her taste and pallet. I like that the authors put a list of food rich in alkaline inside and they were so many and easy to find. This diet seems not so hard at all. I'll try it, hopefully I'll lose weight. If not, at least I know I'm eating healthy. This book gave me exactly what I was looking for in information!

First, let me be honest and state that I have not yet tried any of the recipes. However, I was fully expecting a book full of raw fruit, raw vegetables, fruit smoothies, and green smoothies--yuck. Yes, there are some smoothies, but I was pleasantly surprised and relieved to see porridges, muffins, granola, and plenty of other grains and carbs. Many of the recipes--curry, tacos, wraps, and egg

dishes--can be eaten for lunch. Now I'm convinced I can do alkaline and maybe even vegan one day. I've bookmarked tons of recipes and am thrilled with this find. My mouth waters every time I skim through and add ingredients to my grocery list. You won't be disappointed with this cookbook!

Awesome! I buy a lot of cookbooks and healthy books. I do actually read them and am one of those people who tries most of the recipes. I'm always looking for new foods to cook and new ideas for meals that are healthy. Alkaline is a concept new to me and this book was a great introduction for me. I highly recommend if you want to know more about an alkaline diet. Really worth recommending!

This book covers everything you want to know about Alkaline Diet and its benefits. It provides a clear understanding of its basic principles, the so called common sense approach to alkaline diet, understanding acidity and ph balance plus breakfast recipes ranging from puddings to pancakes to porridge to Alkaline Panna Cotta to crepes to energy bars to smoothies and juices you name you got it all covered here! and oh the surprising twist of the curry recipe, who would have thought that curry is great for breakfast!! love the Vegan Apple Cinnamon Muffins. This book is a must read, an awesome addition to your collection of cookbooks.

First time to hear this diet, and it is nice to know it. This diet is quite interesting to try and to enjoy. The book provides a comprehensive guide about the diet and it is all clear to me. It dedicates itself to make sure that the diet is explained well before it teaches some recipes to start with the diet. Then, the recipes are fun to cook. I will dedicate one of these days to master this diet.

Book and material organized well. Easy to read and follow. I recommend this book to anyone looking for healthy alkaline recipes. I'm glad I chose this recipe book over the others offered. It just arrived so I have not tried any recipe yet, but the book is just what I was looking for - an easy to follow and understand guide to this diet.

[Download to continue reading...](#)

Alkaline Diet Cookbook: Breakfast Recipes: Insanely Good Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 1) Ketogenic Diet: Ketogenic Salad Recipes: Top 35 Insanely Good Ketogenic Diet Recipes For Easy Weight Loss (Ketogenic Diet, Ketogenic Diet For Beginners) Fiery, Thai-Style Alkaline Cookbook: Southeast Asian Alkaline Recipes to Restore Your pH Level and Get You Healthy Again (Alkaline Recipes and

Lifestyle Book 3) Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Breakfast: Meals, Dining, Bountiful Breakfast Cookbook - 90 All-Time Classic, Amazingly Easy, Incredibly Delicious, Quick-To-Make Breakfast Recipes Fit ... The Whole Family (Cookbooks Best Sellers 3) Alkaline Diet: Your Essential pH GuideÂ© with Over 320+ Recipes for Health & Rapid Weight Loss (Lose Weight Effortlessly with Alkaline Foods) Alkaline Diet: How to Lose Weight, Get Fit, Detox Naturally, Balance Your pH, and Be Healthy For Life with the Alkaline Diet (Cookbook, Recipes, and Smoothies) The 15 Success Secrets Of Tony Robbins: How To Lead An Insanely Great Life (25 Minute Guides) Vegan Breakfast: Top 50 Quick, Easy and Delicious Vegan Breakfast Recipes Pegan Diet Cookbook: 100% VEGAN: Your Personalized Guide to Losing Weight, Reducing Inflammation, and Feeling Amazing (Plant Based, Vegan, Detox, Alkaline, Gluten Free) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet: 120 Mouthwatering Ketogenic Diet Recipes: 30 Days of Breakfast, Lunch, Dinner & Dessert + FREE GIFT! (Ketogenic Cookbook, High Fat Low ... Keto Diet, Weight Loss, Epilepsy, Diabetes) Fasting: Alkaline Diet: Lemon and Water Fasting (Healthy Living, Intermittent Fasting, Fasting Diet, Fast for Weight Loss, Fasting and Prayer) (Health Detoxification Wellness Living) Low Carb: 90 Delicious Ketogenic Diet Recipes: 30 Days of Breakfast, Lunch & Dinner + FREE GIFT! (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook)