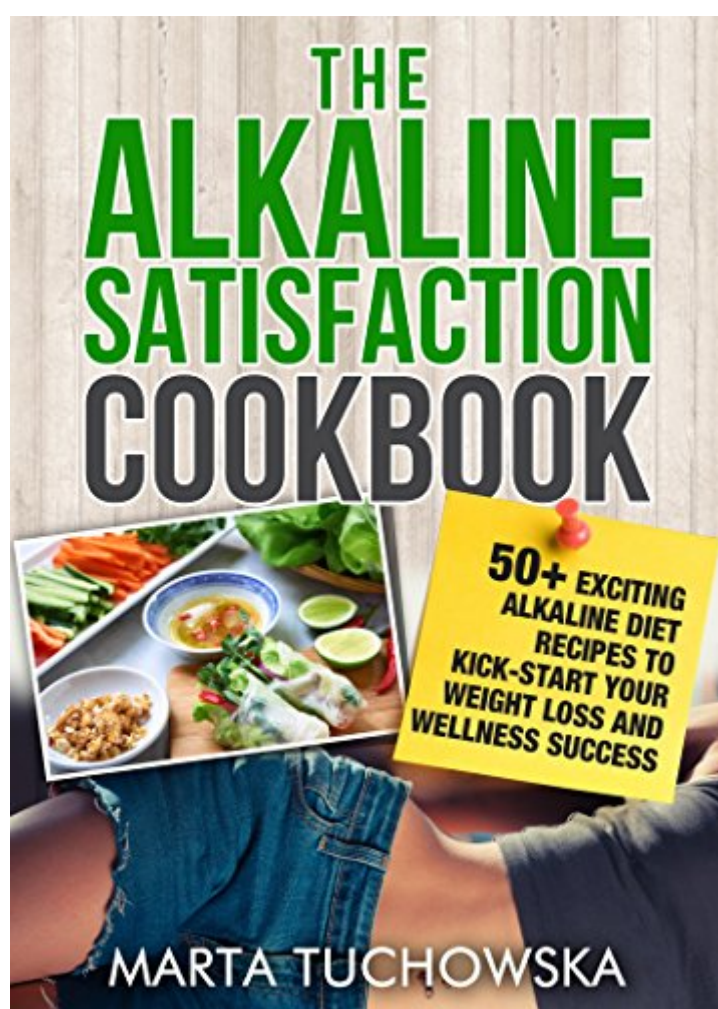


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# **Alkaline Cookbook: Alkaline Satisfaction!: 50+ Alkaline Diet Recipes To Kick-Start Your Weight Loss Success And Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2)**





## Synopsis

Healthy Satisfaction Revealed - Discover an Endless Alkaline Pleasure! Energize Your Life with The Alkaline Diet! I will show you exactly how to eat your way to massive weight loss, sexy body and a focused mind, while having fun during the process of your total body and mind transformation! Alkaline Super Foods Made Exciting and Fun! Dear Reader, I am sure you have heard about the alkaline diet and the numerous benefits it brings, including: \*Weight Loss and Fat Burn \*More Clarity of Thought \*More Peace of Mind and Less Irritability \*Balanced Immune System and Less Inflammation \*Increased Concentration and Motivation \*Healthier Skin, Nails and Hair: Alkaline Natural Beauty Treatments! \*More Stamina \*Better Memory Do you know the real alkaline diet secret? Drum roll, please! It's the preparation of mouth-watering, satisfying meals that will keep you full, while balancing your pH in 7 days or less! Ready for Alkaline Success and Unstoppable Energy? The Alkaline Diet is neither difficult, nor boring. Eating Alkaline Foods can be interesting and fun. I have written this book to show you how much healthy variety you can put into an alkaline diet. Once you begin to experience the wonderful benefits of a balanced pH in your system, you will wonder how you ever managed to live your life without it. Unlimited energy levels, boosted motivation, joy, positive thinking and increased creativity are waiting for you. Join me, as I will be giving you some valuable tips, tricks, and recipes that allowed me to stay on the Alkaline Diet. • THE ALKALINE SATISFACTION COOKBOOK • WILL TEACH YOU OVER 50, AMAZING, QUICK-PREP, BALANCED ALKALINE RECIPES THAT WILL MAKE YOUR LIFE EASY: \* Alkaline Breakfasts: Start a day in a powerful way and SMASH all your goals! \* Alkaline Lunches and Brunches: How to keep your energy high and nourish your body and mind! \* Alkaline Snacks, Juices and Teas. Say no to acidic enemies and work for a healthy, sexy, slim body! HEALTHY, ALKALINE SNACKS SUGGESTIONS TO KILL ACIDITY! \* Alkaline Dinners: romantic dinners, gossiping with friends, catching up with old flames? It doesn't have to be boring! Check out my alkaline night time recipes! EXCITING ALKALINE DINNER RECIPES TO SHARE WITH FRIENDS AND FAMILY \* Mysterious and Sexy: magic alkaline ingredients. Let's spice it up with super alkaline, oriental Asian veggies. Learn how to prepare delicious meals with: reishi, daikon, nori, shitake, dandelion root, and wakame. You will be able to find endless pleasure in alkalinity. ORIENTAL ALKALINE RECIPES + MORE ALKALINE SUGGESTIONS TO SMASH IT WITH THE ALKALINE DIET! Remember...it's not about doing a DIET... It's about changing your LIFESTYLE to TRANSFORM your body and mind. Leave your unhealthy, acidic world behind forever and discover the total body and mind transformation! Start alkalizing and rebalancing your pH to achieve weight loss and health success. Eat alkaline foods that support your goals!

## Book Information

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## Customer Reviews

This is the third book of Marta's that I have gotten for my Kindle reader. I am growing very fond of her writing style but I love her energy and her passion for health even more. In this book, she shares her "alkaline adventure" and takes us on another journey of health and wellness. All of her books are filled with clear and actionable information as well as valuable content on each subject. On the subject of alkalinity, she shares in a way that makes it simple, easy and fun. She shares tips and tricks as well as some yummy recipes to make the shift to a more alkaline diet simple and worry free. I tried her energizing gazpacho and it really did fill me with energy. The next day I tripled the recipe for her energy water and sipped at it all day. It was refreshing, delicious and again, I felt energized and refreshed. Finally, on day 3 I was quite busy and had guests coming over. I put the ingredients for her "energy in the crockpot" into my slow cooker and was surprised at how much food was in there! The meal was very good and I ate it quite late, having two full bowls. I have to confess that it was so good and I was afraid I would not be able to sleep well after stuffing myself... But it did not sit in me like a traditional meal. In fact, again I felt noticeably refreshed and not heavy

at all. I love that she added some supplement recommendations and she ended this book perfectly by saying that "healthy eating is life" because it is so true. Thank you Marta, for sharing your journey to health and clearing that path for the rest of us.

This Alkaline Diet book is very inspiring to me. I'm in fairly good shape but this diet's promise of higher energy and a slimmer body is very attractive. I didn't realize that Tony Robbins is a proponent of this diet but that makes me even more interested. The book is very well written and the author is obviously into this diet and has a personal blog for even more information. You can feel her energy and passion as you read the book. The book starts by giving some basic information about the diet. Each chapter gives great recipes for breakfast, lunch and dinner. I like that the recipes include Asian, Italian, and even Moroccan foods. This definitely keeps it interesting. On a personal level the author admits to being a coffee person as I am. She gives some interesting teas that will sate the coffee urge. The bottom line is that this is a really good book on a way to eat for the rest of your life that's healthy and will keep your body in shape. Highly recommended.

I'm a newbie to the whole Alkaline diet idea. In fact, I really didn't know much about it before picking up this book, but I like reading about new diets and it was recently brought up in conversation, so I figured what the heck. I have to say I was really impressed with the book as a whole. Still not sure if I will adopt the diet, but the recipes sound amazing anyway. Also it's nice that it's organized by meal type just in case I just want to whip up a lunch, dinner or even a snack. :)

I've read books by this author before, and while I follow the Paleo lifestyle she hits it out of the park again. She talks about balance and how to not go overboard with worrying about eating alkaline foods. The recipes are particularly good and I can't wait to try the bread recipe and the "cheese" to sprinkle on dishes. My stomach is growling now!

This book is full of excellent information, and the author's passion for the subject is clear. The recipes are well laid out, and suggest tasty and interesting foods - a great choice if you want to change your eating patterns and get healthy!

Alkaline diets are important for a number of reasons, including even the prevention of serious illnesses and cancers. If you're curious about where to start in the creation of your own alkaline diet, then this book is a good place to start. Thanks, Marta!

This book is perfect for you, if you would like to change your eating patterns and get healthy. It contains more than 50 recipes for breakfasts, salads and soups. All the recipes are easy to make, and clear to understand. Keep this wonderful book in your kitchen so you can try out all those delicious recipes. I tried the green parsley soup, it was very tasty and healthy. This book you must add to your library..

I'm really impressed! This book is filled with some really great recipes. While I'm mostly Paleo gal, I've been exploring other types of diets that would compliment my diet. These Alkaline diet recipes fit the bill. I'm looking forward to trying the Roasted Daikon with Peppers (I already love raw daikon, so I'm eager to try it this way). The Eggplant, Cauliflower and Hummus recipes look good, too (some more of my favorite foods together). But what I'm trying tonight for sure is the Green Avocado and Cilantro salad (as soon as the hubs gets back from the store with ripe avocados). Of course there's a whole lot more recipes in the book that I'll be giving a try, too.

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