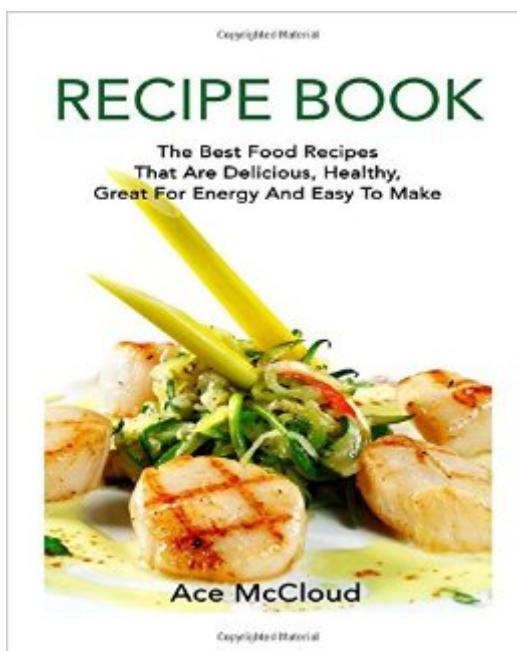


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Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy And Healthy Recipes, Recipe Cookbooks)



Synopsis

Delicious & Healthy Recipes That Are Easy To Make & Great For Energy! Eat Great With The Easy To Make Recipes In This Book! Discover How To Make Amazingly Delicious and Mouth Watering Food That Is Healthy And Easy To Prepare! Become the hero in your household with these recipes! Eating healthy is one of the most important things that you can do to live a happy and healthy life! The benefits of a healthy diet have been studied extensively over the past decades with incredible results having been shown for overall health, disease prevention and vitality! If you would love to have access to a variety of easy to make, healthy, energy filled and delicious recipes, then this is the book for you! Here Is A Preview Of What You'll Discover... The Best Foods For All Day EnergyEasy To Prepare Breakfast Recipes That Will Get You & Your Family Ready For The DayDelicious Energy Boosting Snack RecipesLunch Recipes That Can Be Quickly Prepared And Eaten At Home, School Or Work Delicious Dinner Recipes That Will Give You Strength And Energy Throughout The NightEasy To Follow Cooking and Preparation Instructions Much, much more! What are you waiting for? If you are still reading this you are obviously motivated to get all the benefits this book has to offer. Stop thinking and take ACTION. Â Buy It Now

Book Information

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Customer Reviews

This "Recipe Book: The Best Food Recipes" is full of great recipes for foods that will help you get the energy to power through your day. I thought it was great the way Ace compares our bodies to

the engine of the car. "Your car needs fuel to run well. If you give it the wrong fuel, things start to go wrong. The injectors may be clogged... Eating the wrong kinds of food clogs your arteries, gums up your digestive system..." My father had clogged arteries, and he needed to stints put in one of his legs and chest. I can't help but think that eating the types of food that Ace suggests, would have helped him not have these clogged arteries. The best ways to keep yourself healthy, and full of the proper nutrients, are to eat the right foods that are full of protein, and take those vitamins. I would like to mention a few recipes that I think I would like to try, in order to get the energy back that I lost so long ago. They say that breakfast is the most important meal of the day. I personally like the "Peanut Butter and Banana Bagel." I love all three of these ingredients, and they all play a part in boosting your energy levels. The bananas are good for potassium, and the peanut butter is full of protein. Put these on a whole grain bagel, and it will keep you going until noon. A great lunch sandwich is the "California Turkey Club." Make sure to use whole wheat bread, turkey bacon, and avocado. Everyone of these foods are high energy foods. "In order to keep blood sugar at a level rate, and keep energy flowing, it may be necessary to eat something small between meals." These would just be little snacks that are good for you and full of energy. I would like to try "Blueberry White Chocolate Ginger Cookies.

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