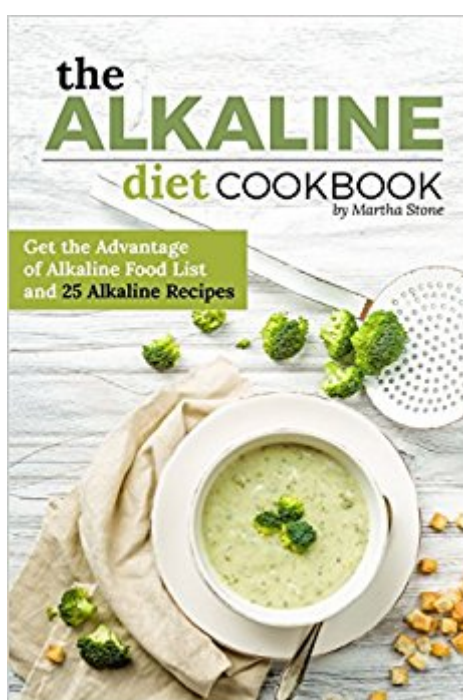


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# The Alkaline Diet Cookbook: Get The Advantage Of Alkaline Food List And 25 Alkaline Recipes - Easy Acid Alkaline Diet Cookbook



## Synopsis

The Alkaline Diet Cookbook: Get the Advantage of Alkaline Food List and 25 Alkaline Recipes: Easy Acid Alkaline Diet Cookbook If you want to follow Acid Alkaline Diet, you should focus on your regular eating habits. Alkaline diet has lots of benefits, and The Alkaline Diet Cookbook will help you to manage the pH level of your body. In this book, you will find about delicious recipes. These recipes are given with complete instructions, and your work will be easy. This book has 25 delicious recipes with images and easy instructions. You can try any recipe without any trouble and get desired benefits. You can reduce weight, chances of cancer and decrease chances of various health problems. This book can be a quick guide for you so download this book and follow its recipes. You have to use fresh ingredients to get maximum advantage of recipes of this book. Every recipe is carefully planned to improve your health and protect your body from toxic elements. This book offers: \* Alkaline Breakfast Recipes \* Alkaline Lunch Recipes \* Alkaline Dinner Recipes \* Alkaline Snacks for Evening Tea \* Alkaline Dessert Recipes Download this book and learn about Alkaline Food List and healthy recipes for everyone. You can prepare healthy and filling meals for your family members.

## Book Information

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