



**The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss and Wellness Success and Keep Your Belly Happy! ... Recipes, Alkaline Cookbook) (Volume 2)**

*Marta Tuchowska*

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# **The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss and Wellness Success and Keep Your Belly Happy! ... Recipes, Alkaline Cookbook) (Volume 2)**

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## **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 high 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!**

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**From reader reviews:**

**Mary McDonald:**

Have you spare time for just a day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their spare time to take a move, shopping, or went to the particular Mall. How about open or perhaps read a book entitled The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss and Wellness Success and Keep Your Belly Happy! ... Recipes, Alkaline Cookbook) (Volume 2)? Maybe it is being best activity for you. You know beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have additional opinion?

**Jimmy Hostetter:**

The publication with title The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss and Wellness Success and Keep Your Belly Happy! ... Recipes, Alkaline Cookbook) (Volume 2) contains a lot of information that you can learn it. You can get a lot of help after read this book. This particular book exist new knowledge the information that exist in this e-book represented the condition of the world currently. That is important to yo7u to understand how the improvement of the world. This specific book will bring you inside new era of the glowbal growth. You can read the e-book in your smart phone, so you can read the idea anywhere you want.

**Dolores Crook:**

Exactly why? Because this The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss and Wellness Success and Keep Your Belly Happy! ... Recipes, Alkaline Cookbook) (Volume 2) is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will surprise you with the secret the item inside. Reading this book beside it was fantastic author who write the book in such remarkable way makes the content on the inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your talent and your critical thinking way. So , still want to hesitate having that book? If I have been you I will go to the e-book store hurriedly.

**Patrick Garcia:**

In this time globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. The book that recommended to you is The Alkaline Satisfaction Cookbook: 50+ Exciting Alkaline Diet Recipes to Kick-Start Your Weight Loss

and Wellness Success and Keep Your Belly Happy! ... Recipes, Alkaline Cookbook) (Volume 2) this publication consist a lot of the information on the condition of this world now. This book was represented just how can the world has grown up. The language styles that writer use to explain it is easy to understand. The writer made some study when he makes this book. That's why this book acceptable all of you.

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