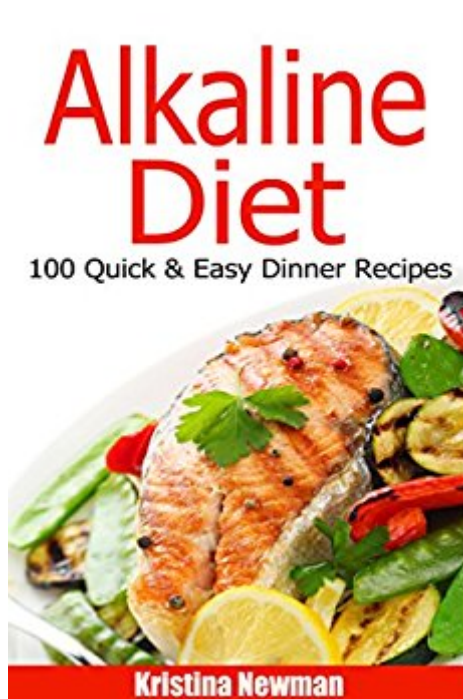


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# Alkaline Diet: 100 Alkaline Recipes For Healthy Dinners To Help Lose Weight (Alkaline, Casserole Recipes, PH, Acid Reflux)



## Synopsis

Savor 100 Alkaline-packed diet recipes to a healthy body!\*\*\*Read this book for FREE on Kindle Unlimited - Download Now!\*\*\*In this book, you will have 100+ Alkaline diet recipes to try for dinner. You are certain to find some of your absolute favorites that feature a healthy twist without compromising any of the flavor that you love. You might also find some new recipes that instantly become family classics, and you can prepare and serve them knowing that they are healthy and delicious. Dinnertime can be a stressful period in most families, but sticking to the Alkaline diet and using this book as a guide can take some of the pressure out of cooking. Everything you need to know is right in this book, and you'll have weeks' worth of recipes that you'll be glad you tried! Check out the amazing recipes below!  
• Alkaline Diet Tofu Stir-Fry  
• Alkaline Diet Wild Rice & Greens  
• Alkaline Diet Vegetable Pasta  
• Alkaline Diet Veggie Stir-Fry with Coconut Milk  
• Alkaline Diet Tofu Steak  
• Alkaline Diet Pasta with Fiery Eggplant Sauce  
• Alkaline Diet Quinoa Pasta with Sauce  
• Alkaline Diet Beetroot Stir Fry  
• MUCH MUCH MORE! Live well and live longer with Alkaline Diet: 100 Alkaline Recipes For Healthy Dinners To Help Lose Weight  
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