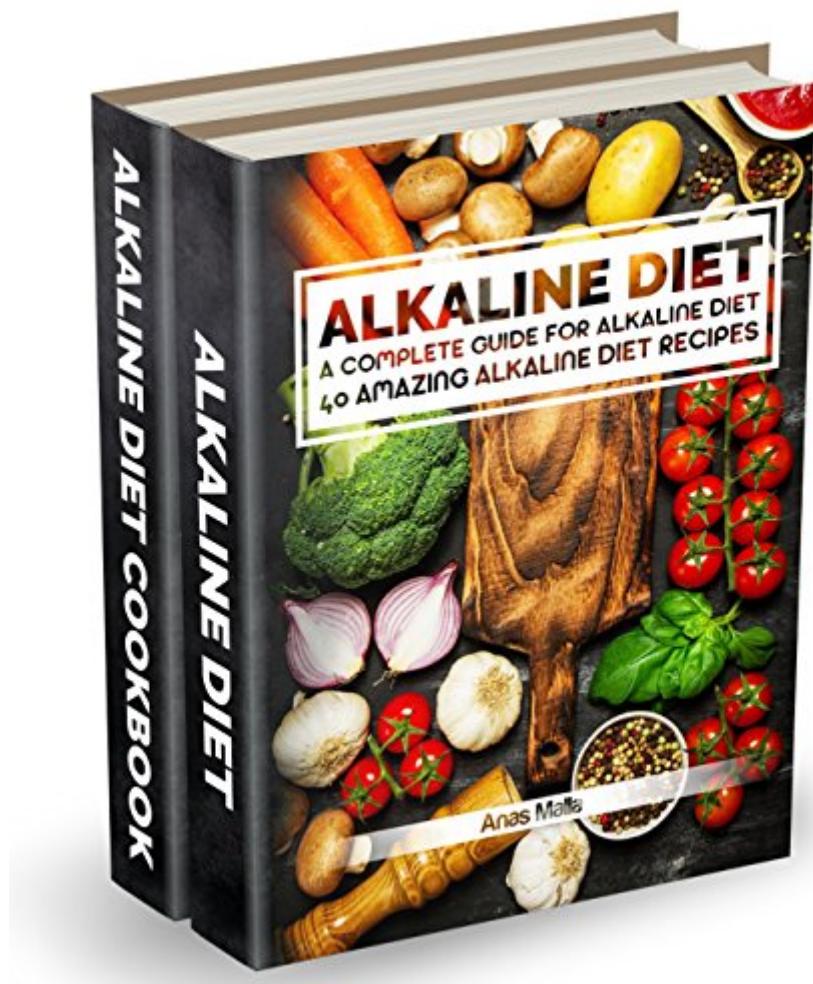


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# Alkaline Diet: 2 Manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3)





## Synopsis

The Perfect Balance..We can see that there are so many diets available to us. Each diet has its benefits, but each also comes with its downsides. Now, when you think about different diets and choosing the ideal one for you, the word balance comes to your mind. If you are looking for a diet offering you the perfect balance, itâ™s the alkaline diet.40 Amazing Recipes..- Breakfast â“ the ideal meals to get a jumpstart for the day- Smoothies â“ an integral part of alkaline diet perfect to provide you with a boost of energy at any given time- Salads â“ refreshing, healthy and completely alkaline meals that will delight you- Soups â“ unique and carefully selected soups for all tastes- Entrees â“ main courses that fit into alkaline diet- Desserts â“ if you feel like itâ™s time to indulge your sweet tooth, take a look here- Snacks â“ are you looking for a quick snack to satisfy your hunger until dinner? Here are the ones carefully selected for youAnd Much More!!Buy It NowÂ & Get ready to take your Health to the Next Level..

## Book Information

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