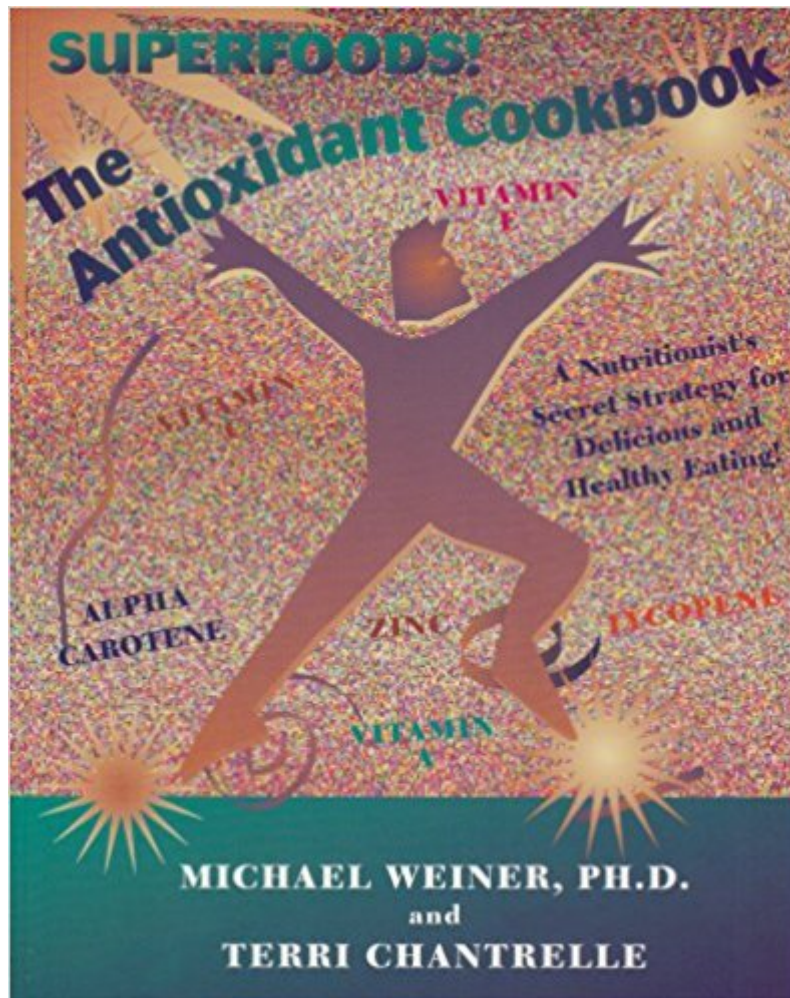




Ebook Directory
the best source of ebook

The book was found

The Antioxidant Cookbook: A Nutritionist's Secret Strategy



Synopsis

Here is your secret strategy for delicious and healthy eating! this is a must for everyone interested in holistic health, fitness, anti-aging enhancement, lifestyle improvement, and fabulous food! Dr. Weiner shares his strategy for delicious healthful low calorie low cholesterol high-potency antioxidant superfoods. His lifelong love for ethnic foods and his nutritional wisdom blend together in this special book. Taste is never sacrificed in these easy-to-prepare menus. The delicious dishes are low calorie low cholesterol low salt high potency superfoods!

Book Information

Paperback: 228 pages

Publisher: Hambleton-Hill Pub (January 1996)

Language: English

ISBN-10: 0912845139

ISBN-13: 978-0912845135

Product Dimensions: 0.8 x 7.2 x 9.5 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,100,413 in Books (See Top 100 in Books) #103 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #11713 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Great book with great recipes. Thanks michael savage for writing this.

Love this book

good

Haven't looked at it much. Looks like it's for children?

I mean easy to cook. Great tasting and it tells you why you want to eat what your eating. Like what is beneficial about each herbal ingredient you use. Once again, I searched for and purchased this book because of Michael Savage, but I use the book because of the informational content as well as the simplicity of the recipes. As a matter of fact, I am going to make the soft taco's (Pg.84) for

lunch and the Meatloaf (Pg. 62) for dinner today

Michael Weiner (Savage) really knows his stuff. This cookbook has many affordable and delicious recipes for anyone. Worth every cent!

What a fantastic book. I have already done a lot of recipes. Michael Savage is the man who really knows his stuff as he has a Ph.D. and I am so happy to have this book.

Excellent, Valuable , Important, Great information written with intelligent intensity and knowledge on the importance of Nature's way of supplying Antioxidant vitamins. Nature's miraculous cell defenders and Herbal Antioxidants. Relationship between antioxidants and herbals and possible effects in the prevention and possible reduction of the intensity of a Cancerous condition, HIV and other illnesses. Half of the book is a cookbook describing simple to make nutritional meals, side dishes, breads, sauces, salads and desserts. With important nutritional breakdown of the meal. An important book for health conscious people who spread the word.

[Download to continue reading...](#)

The Antioxidant Cookbook: A Nutritionist's Secret Strategy Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Intermittent Fasting: A Nutritionist's Guide to Lose Belly Fat Whilst Eating What You Want - It's Simpler Than You Think The Food Intolerance Bible: A Nutritionist's Plan to Beat Food Cravings, Fatigue, Mood Swings, Bloating, Headaches, IBS and Deal with Food Allergies The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes to Protect You Against the Damaging Effects of Free Radicals Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Alpha Lipoic Acid Breakthrough: The Superb Antioxidant That May Slow Aging, Repair Liver Damage, and Reduce the Risk of Cancer, Heart Disease, and Diabetes The Antioxidant Miracle: Your Complete Plan for Total Health and Healing What You Should Know About the Super Antioxidant Miracle Regaining The Power Of Youth at Any Age: Startling New Evidence from the Doctor Who Brought Us Aerobics, Controlling Cholesterol and the Antioxidant Revolution The O2 Diet: The Cutting Edge

Antioxidant-Based Program That Will Make You Healthy, Thin, and Beautiful Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Color-Intense Meals That Taste Great The Antioxidant Counter: A Pocket Guide to the Revolutionary ORAC Scale for Choosing Healthy Foods The Antioxidant Miracle: Put Lipoic Acid, Pycnogenol, and Vitamins E and C to Work for You Blueberries in Your Backyard: How to Grow Americaâ€™s Hottest Antioxidant Fruit for Food, Health, and Extra Money (Booklet) Welcome to Filipino Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Filipino Recipes (Filipino Cookbook, Filipino Recipe Book, Philippine Cookbook) (Unlock Cooking, Cookbook [#27]) Welcome to Cookie World: Unlock EVERY Secret of Cooking Through 500 AMAZING Cookie Recipes (Cookie Cookbook, Best Cookie Recipes, Gluten Free Cookies Cookbook,...) (Unlock Cooking, Cookbook [#16]) Top Secret Files: The Civil War: Spies, Secret Missions, and Hidden Facts from the Civil War (Top Secret Files of History)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)