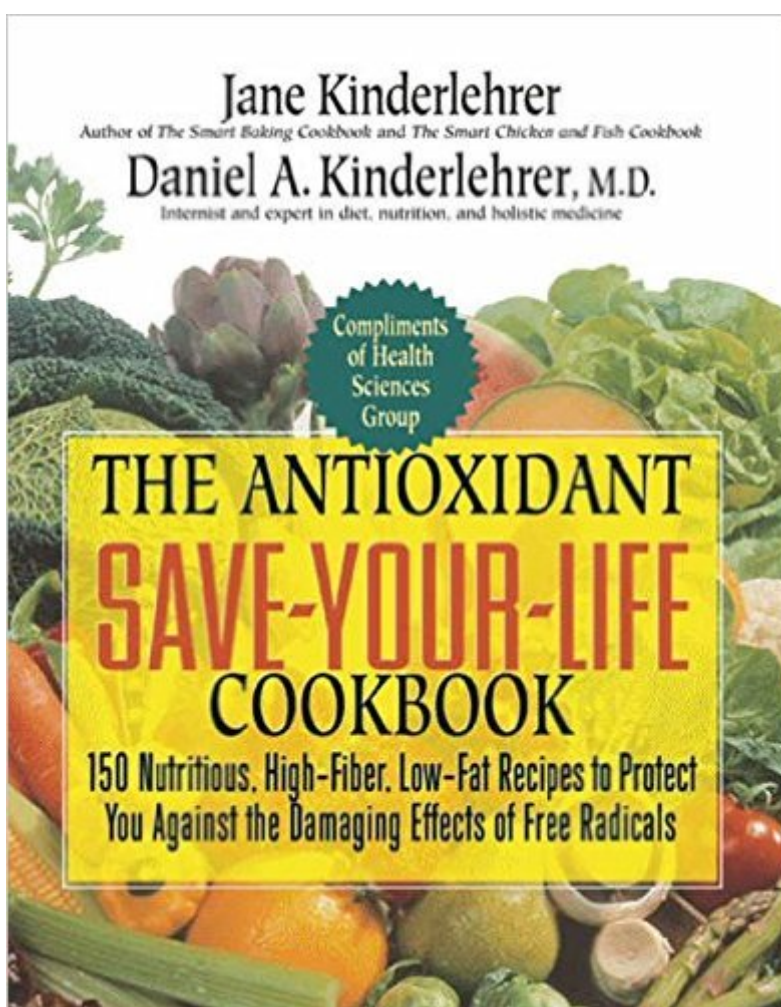


The book was found

The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes To Protect You Against The Damaging Effects Of Free Radicals



Synopsis

Here are 150 family- and kitchen-tested recipes, each packed with antioxidants to nutritionally protect you against cancer and disease-causing free radicalsâ without sacrificing variety or flavor. Emphasizing the benefits of antioxidant-rich foods high in vitamins C, E, and A, as well as selenium and beta-carotene, these delicious recipes will: enhance your immune system strengthen your bones build up your resistance to viral attacks, infections, even allergic reactions reinvigorate your love life help you overcome fatigue keep your blood sugar on an even level and much more. The introduction by Dr. Daniel Kinderlehrer explains in clear, plain language the often-confusing terms free radicals and oxidation, then goes on to detail the many medical benefits of antioxidants and the ingredients found here. These include providing protection against a variety of cancers, Alzheimer's disease, immune disorders, arthritis, diabetic conditions, and the complications of aging. Separate chapters include recipes for jump-start breakfasts; tasty appetizers, side dishes, and snacks; sumptuous soups and stews; satisfying vegetarian meals; hearty main courses featuring chicken, fish, or meat; flavorful dressings, dips, spreads, and vinaigrettes; and tempting desserts. This useful cookbook also features a valuable section on stocking your pantryâ "What to Stash and What to Trash"â loaded with healthy advice to guide you at the supermarket and when choosing foods. Also included is a glossary of some of the major antioxidants found in food. With recipes low in fat and calories, high in fiber and nutrientsâ with no white flour, hydrogenated fats, or chemical additivesâ this collection is a must-have for every cook concerned with eating healthfully, preventing disease, and living a longer life.

Book Information

Paperback: 208 pages

Publisher: William Morrow Paperbacks; 1 Reprint edition (July 20, 2007)

Language: English

ISBN-10: 155704760X

ISBN-13: 978-1557047601

Product Dimensions: 7.4 x 0.5 x 9.2 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,391,850 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Nutrition > Fiber #125 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #508 in Books > Health, Fitness & Dieting > Nutrition > Vitamins &

Supplements

Customer Reviews

GREAT INFORMATION

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

The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes to Protect You Against the Damaging Effects of Free Radicals Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle

- Recipes for High Fiber Foods Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook

[Dmca](#)