



**SUPERFOODS: Healthy Dinner Ideas For Two:  
Proven & Tested Healing Foods - Healing  
Superfood Awesomeness (Proven & Tested  
Healing Foods: Poultry) (Volume 1)**

*Ginger Wood*

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Are you ready to discover these amazing & healthy rare delicacies of cock and hens and learn in a fun and delicious way to eating healthy chicken and cock meat that will boost your vitality and health? This low fat cookbook for two even includes healthy cooking with superfoods type of ingredients and if you love things like simple and healthy cooking and paleo chicken recipes this simple healthy recipes book is for you! These healthy & tasty low fat recipes are accompanying you through this "Nourishing Journey". The low calorie chicken recipes are all newbie friendly & uncomplicated so that even a new cook can get the health benefits out of these cock & chicken recipes. These are the type of recipes that you want to have in store for yourself and your family because all these recipes deliver how to prepare cock & chicken the right way! If you are looking for healthy chicken recipes for two, you might take a look inside for some fascinating healthy chicken dinner ideas. If you are looking for: \* healing superfoods \* healthy whole chicken recipes \* healthy chicken recipes for dinner \* healthy grilled chicken recipes \* healthy dinner ideas for two this superfoods book is for you! If you are looking to overcome a wide variety of health conditions including candida albicans, multiple food allergies, bleeding eczemas, acne, morning sickness, male infertility and impotence, low immunity, lack of appetite in elderly and convalescents, overweight & obesity and more, you might take a look inside to fully understand the health benefits of chicken & cock meat and find some relief with healing superfoods. Each healthy chicken and cock recipe includes a list of ingredients & gives you the instructions to follow. The recipes are easy to follow & do not take a long preparation time. During the cooking time you can still do some productive things in the meantime. I am sharing these amazingly tasty and healthy chicken and cock recipes for the very first time so you can take advantage & be able to get started with nourishing your body and brain the right way. Ultimately, I have written this book to make you aware of the many advantage that come with these healthy chicken and cock recipes. Tap into some of these powerful health benefits of chicken and cock meat because cocks have been used to heal many sicknesses over the centuries. These recipes should give you enough ideas to get you started with eating more of these delicious and healthy chicken and cock meals. If you are looking to become healthier, make sure to integrate more and more of these healthy recipes or similar ingredients to these recipes into your weekly meal plan. Everybody has a different goal and you can consume more or less of these healthy dishes depending on your personal situation, your goal and your lifestyle. One thing is for sure, if you get yourself into the habit of consuming more of these healthy ingredients, you will empower and transform your body and mind with the result of a healthier, cleaner, fitter and leaner you. I hope you like the paintings and the art that is included with each individual recipe. My husband who I call loving words like "Nutty" (because he just loves to say out loud the expression "From Soup To Nuts" and he kind of makes me go nuts with this habit) is an artist and a chef and he hand painted each illustration to show his own love for cocks and hens the "Nutty" way. I hope that you love the heart warming art that comes with each recipe so that you get some food for the soul at the same time as you prepare these lovely dishes. Anyways, we decided to include these funny heart warming illustrations of my husband because we feel that art and food connects well and fun always helps boost the immune system. I hope you enjoy the book and I hope that you will get lots of inspirational moments out of it. Let's start the fun journey of hens, roosters and immune boosters! Welcome to a new and healthy lifestyle with cock and chicke

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