



The Real Food Diet Cookbook: Gluten-Free, grain-free and real food recipes for losing weight, feeling great, and transforming your health

Dr. Josh Axe

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The Real Food Diet Cookbook contains delicious gluten-free, grain-free recipes that are simple to prepare. It combines the power of advanced nutrition with delicious and real-food recipes for losing weight, feeling great, and transforming your health!

This cookbook contains recipes with three things in mind: you love food, you're busy, and you want to look and feel better!

Eating real, natural foods and using proper preparation can actually make food taste amazing. This book is filled with short, easy gluten-free and grain-free recipes that taste incredible and make you feel better. You're going to lose weight and feel great following these simple recipes.

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