



## Pocket Superfoods

By Seana Smith

Hunter House Inc., U.S., United States, 2013. Paperback. Book Condition: New. 170 x 110 mm. Language: English . Brand New Book. Supercharged with antioxidants, vitamins, healthy fats, and essential nutrients, superfoods strengthen our bodies and nourish our brains while making us feel satisfied. Pocket Superfoods is a handy index of nutritional information, fun facts, and practical tips on the top 50 superfoods, including nuts, berries, avocado, barley, chia seed, lean meat, and broccoli. Author Seana Smith describes in detail why these diet staples make us healthy and happy. With tips on buying, storing, and cooking these foods in the healthiest way possible, this supercharged book contains everything needed to make life zing with optimal health and vitality. Each page conveniently focuses on one type of food, with a quick description followed by a list of what it contributes to our health and energy. Key notes at the bottom of each page inform readers about when and how to incorporate the food into their diets and tips for preparing it.

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### Reviews

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-- **Germaine Welch**

*A very awesome pdf with perfect and lucid information. This is certainly for those who statte there had not been a worthy of looking at. Your daily life span will probably be convert as soon as you full looking at this book.*

-- **Dr. Marie Ebert**

## Relevant Books



### **Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Ice City (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 170 x 145 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...



### **Bringing Elizabeth Home: A Journey of Faith and Hope**

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 133 mm. Language: English . Brand New. At 3:58 in the morning of June 5, 2002, Ed and Lois Smart awoke to the sound of their nine-year-old daughter Mary Katherine...



### **Electronic Dreams: How 1980s Britain Learned to Love the Computer**

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber keys? Did you marvel at the immense...



### **A Connecticut Yankee in King Arthur's Court**

Bantam Doubleday Dell Publishing Group Inc, United States, 1994. Paperback. Book Condition: New. Reissue. 170 x 104 mm. Language: English . Brand New Book. When A Connecticut Yankee in King Arthur's Court was published in 1889, Mark Twain was undergoing a...



### **Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



### **The Right Kind of Pride: A Chronicle of Character, Caregiving and Community**

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.After 20 years of marriage author Christopher Cudworth and his wife Linda faced a future changed by...