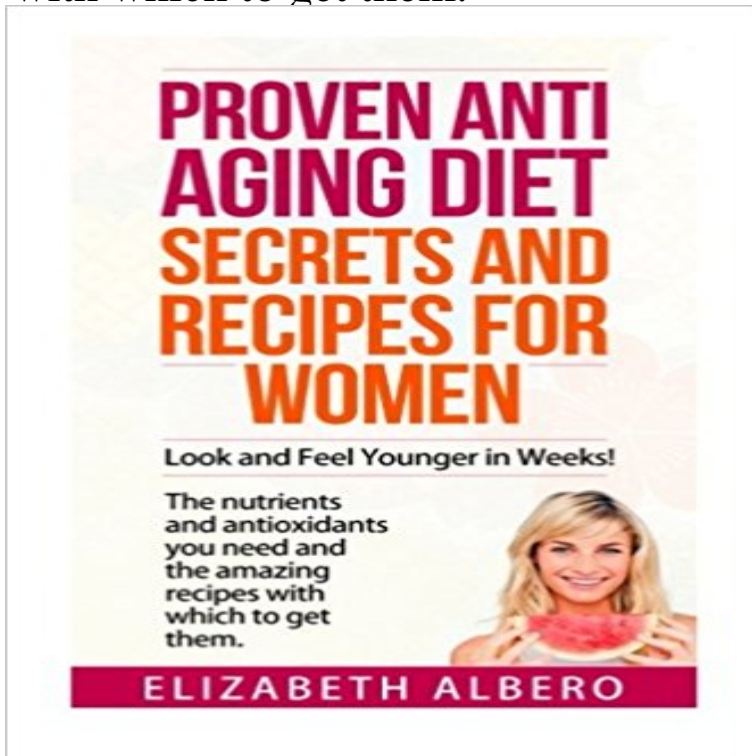


Proven Anti Aging Secrets and Recipes for Women: Look and Feel Younger Weeks! The nutrients and antioxidants you need and the recipes with which to get them.

Proven Anti Aging Secrets and Recipes for Women: Look and Feel Younger Weeks! The nutrients and antioxidants you need and the recipes with which to get them.



Knock years off your face but more importantly...revitalize your living! Increase your energy and feel better by eating better. Your quality of life is completely dependent on two things: 1. Your attitude 2. Your diet So live well! Eat well! Here are the recipes you MUST add to your daily living to feel and look better within weeks. Berry Bright Juice Blend Iced Honey-Lemon Ginger Green Tea Egg, Cheese and Vegetable Breakfast Pitas Apple Coconut Muesli Grilled Mackerel, Fennel and Pink Grapefruit Salad Shrimp and Apple Salad Boneless Breast of Chicken in Pomegranate Marinade Crab with Arugula and Avocado Peppers Stuffed With Goat Cheese and Chorizo Chicken, Cilantro and Lime Soup Smooth Broccoli-Celery Soup Venison Stew with Rosemary and Mushrooms Quinoa Salad Cannellini, Beets and Greens Salad Feta-Spinach Salad with Strawberry Vinaigrette Sablefish with a Hoisin Glaze and Bok Choy Quick Shrimp and Almond Stir-Fry Salmon with Sweet and Sour Red Cabbage Persian-Spiced Vegetables with Shrimp and Feta Couscous Ginger-Steamed Fish with Ginger-Garlic Sesame Sauce Fried Green Tomatoes Spiced Couscous with Cucumber, Grapes and Pine Nuts Balsamic Glazed Greens with Goat Milk Cheese and Walnuts Ginger-Date Apple Crisp Dark Chocolate Meringue Drops Enjoy!

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