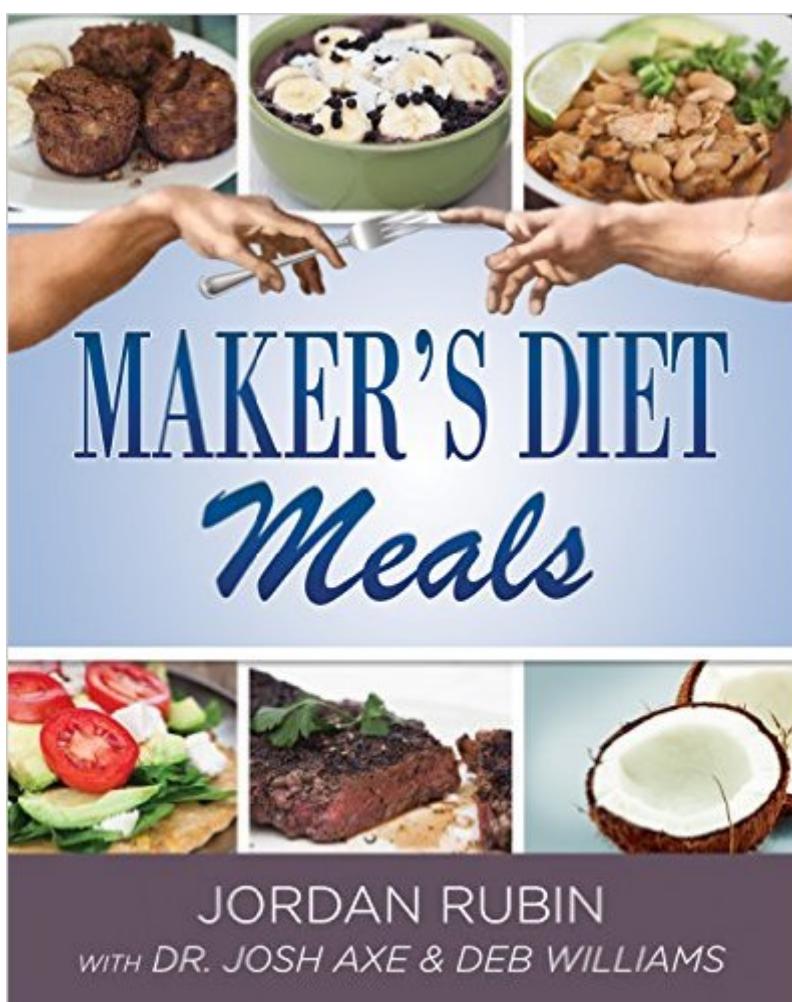


The book was found

Maker's Diet Meals: Biblically-Inspired Delicious And Nutritious Recipes For The Entire Family



Synopsis

How would you like to feed your family a delicious biblically inspired, beyond organic diet each and every day? Maker's Diet Meals will give you a step by step guide to creating 150 mouth-watering breakfasts, lunches, dinners, snacks, smoothies and desserts to help you lose weight and feel great. Combining the bible's ancient wisdom with the best of modern science, Maker's Diet Meals unveils an eating plan that can help you shed unwanted pounds, while cleansing and detoxifying your body. More than just a cookbook, Maker's Diet Meals will teach you the health secrets of the bible and introduce you to an ancient way of eating that is gaining the attention of modern science.

Book Information

Hardcover-spiral: 240 pages

Publisher: Destiny Image; 1 Spi edition (December 16, 2014)

Language: English

ISBN-10: 0768442311

ISBN-13: 978-0768442311

Product Dimensions: 7.5 x 0.5 x 10 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (56 customer reviews)

Best Sellers Rank: #48,900 in Books (See Top 100 in Books) #28 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Organic #172 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #458 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Excellent book if you are a fan of Jordan Rubin, Dr. Axe, or if you eat close the Paleo and Gluten free. Simple and easy good tasting meals, desserts, smoothies and more. Also has great information about the Maker's Diet, including foods to eat, foods to replace the common american diet foods with, and more. The information in the front of the book alone is worth the money.

The recipes are delicious BUT the instructions are vague and the ingredients are not always listed correctly. For example- there are several recipes that call for vanilla some say "vanilla" others say "vanilla extract". Also, the pictures of the completed recipe often show the finished recipe with ingredients in it that are not listed in the recipe ingredients. Overall it needs work.

I have followed the Maker's Diet as a way of life for over 5 years now. I feel great and Jordan never

disappoints. Great biblically based recipes.

I have not as yet tried the recipes, but after looking them over, I was pleased to examine the healthy ingredients that I know will serve as good MEDICINE for the body. Looking forward to trying them.

I found the meals well written, easy to follow and used common materials so I wasn't always at the organic food stores. The recipes were tasty so I didn't lose flavor. I truly appreciated the spiral effect in the book which allowed the pages to lie flat and the contrast in printing was easy to read. Sugar is one item I have to be careful of and the recipes allowed me to feel full, satisfied.

Like the book but I'm afraid I don't have the means to cook most of the recipes since I am more of a skillet user as opposed to an oven user. However for people who are really into using the oven this book is game!

I've been wanting to change my diet for awhile. I got to taste some of these dishes when I was taping (music) for a tv program and Jordan was also taping. I can hardly wait to try making some of these dishes myself.

This cook book is great and the recipes are very tasty. Not to mention the nutritional information at the beginning of the book is amazing and very useful. My favorite recipe so far is the smoked black beans.

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

Maker's Diet Meals: Biblically-Inspired Delicious and Nutritious Recipes for the Entire Family Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) The Skinny Ice Cream Maker: Delicious Lower Fat, Lower Calorie Ice Cream, Frozen Yogurt & Sorbet Recipes For Your Ice Cream Maker DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) The Smoothie Maker Recipe Book: Delicious Superfood Smoothies for Weight Loss, Good Health and Energy - Works with Any Personal Blender or Smoothie Maker Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat)

Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series) Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series) Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Anti-Inflammatory Diet Box Set: Anti-Inflammatory Diet Recipes Breakfast, Lunch, Dinner And Smoothie Recipes Maker Projects for Kids Who Love Music (Be a Maker!) Maker Projects for Kids Who Love Electronics (Be a Maker!)

[Dmca](#)