



# Winner Winner Quinoa Dinner: 30 Taste-Tested Quinoa Recipes for Gluten-Free Diets, Vegans, Vegetarians, and The Rest of Us

*Evan Frazier*

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Are you looking for a way to achieve your health and fitness goals in 2015? If so, you need to remember that 70% of your success in a given healthy eating/weight loss/fitness plan will come as a result of your eating and not your exercise...

Of course, that isn't to say that exercise is not important in your journey to good health -- obviously, it is. But *it is* to say that changes in your diet will generally pay off faster and in greater "bang for your buck" than exercise alone.

The concept of 'survival of the fittest' can be interpreted and applied in many different ways today. Superfoods are a great "new" way to make sure you're getting the most flavor...the most nutrition...and the most satisfaction out of what you put in your mouth.

That's where this book comes in. This is not a diet book, an exercise book, a motivational book -- and certainly no substitute for advice from a medical professional or nutritionist -- it's just a superfoods cookbook focused on nutrition, satisfaction, and flavor.

Inside, you'll see that quinoa does the "heavy lifting". After all -- they don't call it a "superfood" for nothing! Quinoa is one of the most versatile healthy choices available today -- it's great hot or cold, sweet or savory...you can whip up a batch in well under 30 minutes, or you can make it ahead of time to be enjoyed in a matter of seconds at home, at work, or on the go! Best of all, it provides a balanced source of protein and carbohydrates -- something that is especially important for vegans and vegetarians -- but also for "the rest of us" as we look for healthy alternatives to animal proteins for economical reasons, convenience reasons -- or just for the sake of variety.

My priority was to create tasty recipes -- tested by people just like you -- that will make it easy to incorporate a superfood like quinoa into your busy lifestyle. In "Winner Winner Quinoa Dinner", you'll find recipes like:

Quinoa a Rosarito  
Spiced Quinoa  
Quinoa "Risotto"

...where quinoa is the "shining star"! But...

...if you need to introduce quinoa to the picky eater in your family gradually, I would suggest starting with recipes found in "Winner Winner Quinoa Dinner" like:

New Mexico Caviar  
Old-Fashioned Wilted Spinach with Bacon & Quinoa  
Ground Turkey & Quinoa Meatloaf

(Ham) Fried Rice

Quinoa is superfood that is great for breakfast, lunch, dinner, snacks, desserts, sweets, treats and more. When you purchase "Winner Winner Quinoa Dinner", you'll get ideas for all of that and more: 30+ recipes for less than most of us spend to purchase and/or prepare a single meal!

One more important note: quinoa is naturally gluten-free. If you are suffer from Celiac disease, are gluten-intolerant, or simply choose to omit gluten from your diet as part of your overall health goals, you know how difficult it can be to find recipe ideas and ingredient substitutes. Quinoa is a great alternative to gluten-containing ingredients like pasta/couscous, barley, bulgar wheat, etc. as well as mass-market grains like rice and oats that can sometimes be contaminated with gluten during the packaging and manufacturing process.

Quinoa has helped me achieve weight loss, helped me cut my grocery and dining bill, and has also helped me tame my dependence on starch-heavy and gluten-containing cereals and grains. But don't suffer through pages of boring (or just downright bad!) Internet recipes like I did -- purchase "Winner Winner Quinoa Dinner" today and get a SUPERfood start to 2015 with quinoa!

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#### **Karen Perl:**

The book untitled Winner Winner Quinoa Dinner: 30 Taste-Tested Quinoa Recipes for Gluten-Free Diets, Vegans, Vegetarians, and The Rest of Us contain a lot of information on the item. The writer explains the woman idea with easy way. The language is very straightforward all the people, so do certainly not worry, you can easy to read the item. The book was authored by famous author. The author will take you in the new period of time of literary works. You can read this book because you can please read on your smart phone, or product, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site as well as order it. Have a nice learn.

#### **John Montes:**

Some individuals said that they feel weary when they reading a guide. They are directly felt this when they get a half portions of the book. You can choose often the book Winner Winner Quinoa Dinner: 30 Taste-Tested Quinoa Recipes for Gluten-Free Diets, Vegans, Vegetarians, and The Rest of Us to make your own reading is interesting. Your personal skill of reading talent is developing when you such as reading. Try to choose simple book to make you enjoy you just read it and mingle the sensation about book and examining especially. It is to be initial opinion for you to like to open a book and study it. Beside that the book Winner

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