



**Cookbooks: Healthy, Delicious, Recipes - Using
AVOCADOS in your Diet! (Healthy meals, snacks,
protein, cholesterol, low carbohydrates, fiber,
salads)**

Joanne Howard

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Your Very Own Avocado Cookbook

30 Delicious Avocado Recipes to Lose Weight and Become Healthy

According to research, Avocados are not only delicious but they are packed with nutrients that are extremely useful for your body. It is known to be high in monounsaturated fatty acids that are considered “heart-healthy” fats while being low on carbohydrates. Avocados can also lower cholesterol level, serve as an antioxidant, and lastly, Avocados can help you lose weight!

Now, you can incorporate this goodness in your diet by simply following simple steps from this book. From breakfast, lunch, to dinner, plus snacks and desserts, your tummy will surely rejoice! And not only that, you don't just enjoy the good-tasting avocado in your food; you will also savor the healthy benefits of this wonder-fruit and achieve your dream body and live a healthier life!

Recipes You'll Learn To Cook:

Avocado Breakfast Muffins
Lime Cilantro Shrimp Tacos
Grilled Avocado And Shrimp
Crab Cakes With Avocado Salsa
Avocado Strawberry Parfait

Looks tasty isn't it?! Hurry up and get your own copy of **Cookbooks: AVOCADOS IN YOUR DIET!** NOW for a limited time FREE offer!

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Kathleen Young:

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Mark Bock:

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