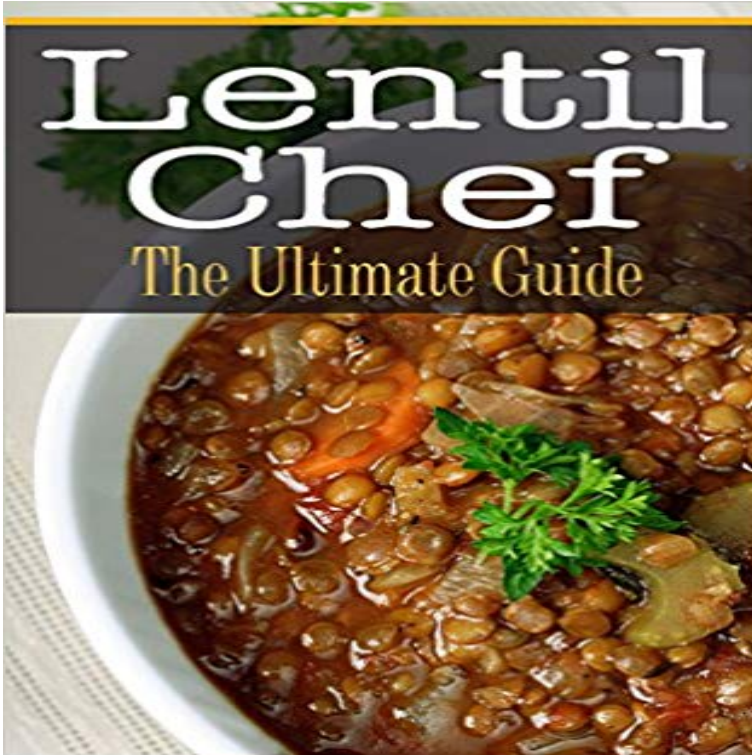


Lentil Chef: The Ultimate Guide



**** The Ultimate Lentil Recipe Guide ****
Lentils are a small but nutritionally mighty member of the legume family, are a very good source of cholesterol-lowering fiber. Not only do lentils help lower cholesterol, they are of special benefit in managing blood-sugar disorders since their high fiber content prevents blood sugar levels from rising rapidly after a meal. We have compiled the most delicious and best selling lentil recipes from around the world! Enjoy! - Did You Know - Lentils are also a great source of folate and magnesium, which are big contributors to heart health. Insoluble dietary fiber found in lentils helps prevent constipation and other digestive disorders like irritable bowel syndrome and diverticulosis. Lentils increase steady, slow-burning energy due its fiber and complex carbohydrates. Lentils are also a good source of iron, which transports oxygen throughout your body and is key to energy production and metabolism. Take a peek at a few of the recipes you can find inside! Veggie Lentil Soup Lentil Quiche Red Lentil Curry Lentil Feta Wraps Lentil Cakes Introduce Lentils into your diet today! Scroll Up & Grab Your Copy NOW!

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