

National Bestseller
Recipe Book

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SUPERFOOD LUNCH The Power of Nature on Your Plate

Dr BEATA kULESSA

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The author of e-books is Dr. Beata Kulesa, a healthy lifestyle enthusiast and experienced nutrition consultant, who is dedicated to promoting healthy eating and sharing her knowledge on the impact of food on our well-being. Her e-books are not just a collection of recipes, but also provide inspiring tips on taking care of yourself through the kitchen.



If you are looking for healthy and delicious dishes that will spice up your life, then this e-book is perfect for you. It is the ideal solution for those who want to incorporate more nutrients into their diet and transition to a healthier lifestyle.

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Crazy waltz with blueberries Jurka and Marysi

Jurek and Marysia are extraordinary dancers, whose energy and passion for dance make them a perfect pair. Their synchronization and harmony on the dance floor draw all eyes on them. They share a love for dance and fresh goji berries, which they enjoy daily in a delicious cream.

When Jurek and Marysia start dancing, the whole room lights up with joy. Their figures and steps are likeonewhole, perfectly composed by a wonderful choreographer who has been helping them fulfill their dance dreams for many years. The fresh goji berries add charm to their performance, making each of their dances even more intense and full of energy. The crazy waltz with goji berries is not only their favorite dish, but also a symbol of their love for dance and for each other. They dance, feeling free and fulfilled, forgetting about their daily worries and problems. Jurek and Marysia are irreplaceable on the dance floor, their passion for dance and their ease in it inspire everyone present. Their dance always reminds us how important it is to enjoy life and seize every moment with joy and enthusiasm. Everyone

who sees them dancing cannot take their eyes off them, enchanted by their talent and passion that simply emanates from their hearts. Jurek and Marysia are not just dancers, they are a symbol of love, passion, and joy that they bring with every step. Their waltz with goji berries is an unforgettable experience that stays in the memory of everyone who had the pleasure of seeing them dance. And the cream with fresh goji berries is their little sweet secret that gives them energy and charm on every dance floor. Jurek's sister and the author of this book.