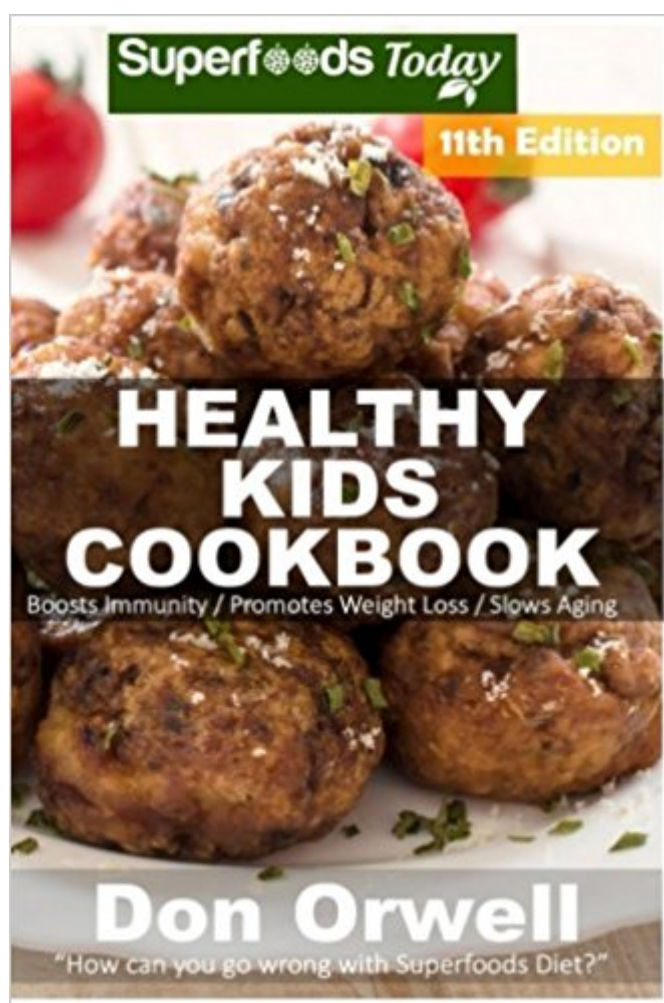


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# Healthy Kids Cookbook: Over 270 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) (Volume 7)





## Synopsis

How Can You Go Wrong With Superfoods-Only Cookbook for Kids? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer – they are all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Healthy Kids Cookbook - 11th edition contains over 270 Gluten Free and Wheat Free Kids Friendly Superfoods recipes created with 100% Superfoods ingredients. Even those yummy meatballs on the cover are absolutely healthy and are 100% Superfoods! This 450+ pages long book contains recipes for: Appetizers Soups Condiments Breakfast Salads Grilled meats Side dishes Crockpot recipes Casseroles Stews Stir fries Sweets Most of the meals can be prepared in just 10-15 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. “Our Food Should Be Our Medicine And Our Medicine Should Be Our Food.” - Hippocrates 460 - 370 BC The best thing about Superfoods Diet is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because it returns to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or today's hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesn't restrict any major type of food. It features: Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat Simple non-processed Dairy: Greek Yogurt, Farmer's Cheese, Goat Cheese Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: Start losing weight and boost energy Get rid of sugar or junk food cravings Lower your blood sugar and

stabilize your insulin level  
– Detox your body from years of eating processed foods  
– Lower your blood pressure and your cholesterol  
– Fix your hormone imbalance and boost immunity  
– Increase your stamina and libido  
– Get rid of inflammations in your body  
Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

## Book Information

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## Customer Reviews

After reading this book, now I know that the best thing about Superfoods Diet is that it will keep our appetite and cravings under control and it will balance our hormones to the highest level. It's nearly impossible to lose fat if our hormones are out of balance that's why we need this book.

A recipe book every parents should want for their child. A person is what they eat. And we all parents wants to see our child as the best person in this world. Thank you Don, you have done a marvelous job including the recipes in this book. Strong recommendation for every parents.

Excellent book! This book contains a lot of healthy recipes which is best for kids. After reading this book, I know about my children's favorite recipes name and they also love all recipes from this book.

This is a very good recipe book with healthy recipes that do not require a lot of fancy ingredients,

recipes made from scratch.

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