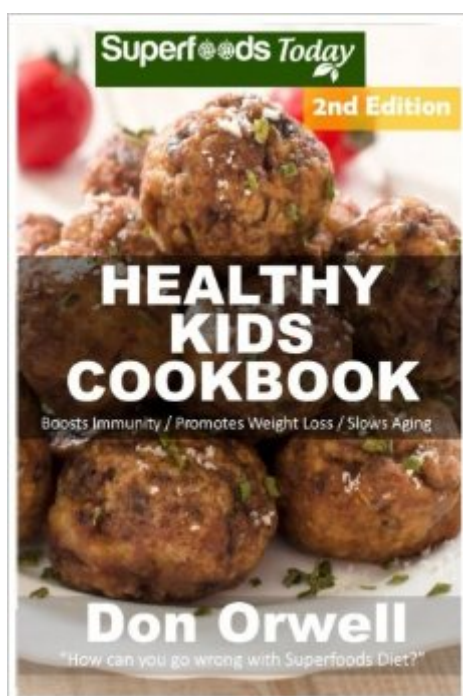


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# Healthy Kids Cookbook: Over 180 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100)



## 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 â€” theyâ€™re 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 -second edition contains over 180 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 400+ pages long book contains recipes for: â€¢ Appetizers â€¢ Soups â€¢ Condiments â€¢ Breakfast â€¢ Salads â€¢ Grilled meats â€¢ Side dishes â€¢ Crockpot recipes â€¢ Casseroles â€¢ Stews â€¢ Stir fries â€¢ 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. â€œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â€• -

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 itâ€™s return 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 todayâ€™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 doesnâ€™t restrict any major type of food. It features:

- â€¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado
- â€¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils
- â€¢ Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat
- â€¢ Simple non-processed Dairy: Greek Yogurt, Farmerâ€™s Cheese, Goat Cheese
- â€¢ 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:

- â€¢ Start losing weight and boost energy
- â€¢ Get rid of sugar or junk food cravings
- â€¢ Lower your blood sugar and stabilize your insulin level
- â€¢ Detox your body from years of eating processed foods
- â€¢ Lower your blood pressure and your cholesterol
- â€¢ Fix your hormone

imbalance and boost immunity â €¢ Increase your stamina and libido â €¢ 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**

I really enjoyed this book,many of the recipes in the book would be useful just to anyone. As a mother i was looking for helpful and simple ideas to get my kids to eat healthier and found here so many recipes and most of them worked for me easily. I pick up all the recipes form this book and applies then in the plan of the other one and it works for me just great. Highly recommended for anyone who wants to change her children's nutrition.

To keep kid healthy is verygreat duty to young parents. I think it is very important book. I looked through these recipes I like to see the pleasant recipes. Walnut Truffles. I think this excellent book is worth to read everybody.

I love reading this book! This book was extremely informative, direct, and easy to read and follow instructions. I really appreciate all the details about sugar and other foods that have been harmful. The food looks good and tasty. The recipes are really healthy that are good for kids. I definitely recommend this book.

The recipes seem great, but this book needs a heavy dose of editing. It is difficult to take an author seriously when he makes simple grammar mistakes, such as using "then" instead of "than." Despite the fact that I want to have a red pen in my hand as I read through this cookbook, I believe the book has plenty of healthy recipes that my daughter will actually enjoy eating.

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