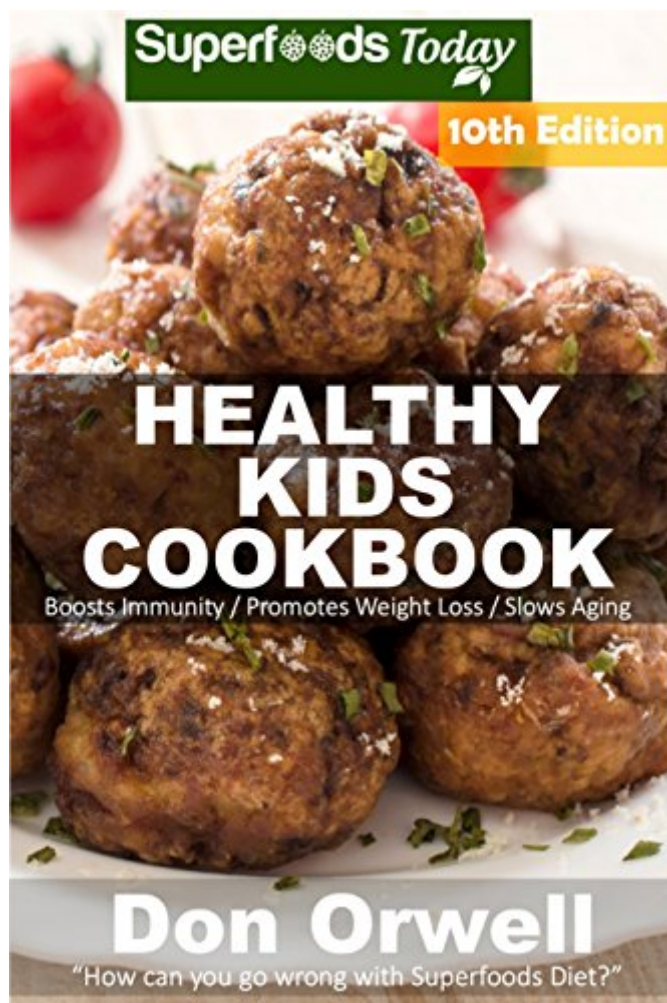


The book was found

Healthy Kids Cookbook: Over 260 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation)





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 -10th edition contains over 260 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 440+ 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 BCThe 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. If 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
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Book Information

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Customer Reviews

This is the first digital copy of the book I have owned but, the second copy ive purchased the first was paperback. I love this book! Great tasting receipes for real people who work and dont have time to waste or money on things that look good in a book but taste medium or awful. This is great for young cooks who want to cook without worry of burning down the house. Great for beginner cooks who dont know where to really start and people who cook often and want some variety on a busy schedule. Set the timer and walk away. It requires practical ingredients most people have around the kitchen or spice rack. Guaranteed if you follow the measurements or add a little extra its gonna

taste great

I'm a mother of three teenagers and they all love to eat new dishes. For that reason I constantly searching for new recipes to prepare healthy meals. My older daughter loves to cook, and we together have prepared a few meals from this book. All of us are very satisfied and we can not wait to try and the other recipes. Excellent cook-book!

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