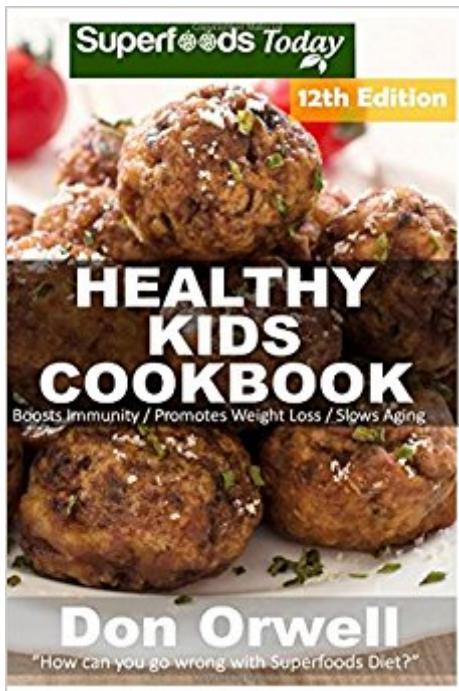


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# **Healthy Kids Cookbook: Over 280 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) (Volume 8)**



## 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 -12th edition contains over 280 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 460+ pages long book contains recipes for: 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'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 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 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**

Series: Healthy Kids Natural Weight Loss Transformation

Paperback: 510 pages

Publisher: CreateSpace Independent Publishing Platform; 12 edition (July 12, 2017)

Language: English

ISBN-10: 154884246X

ISBN-13: 978-1548842468

Product Dimensions: 6 x 1.3 x 9 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,350,295 in Books (See Top 100 in Books) #127 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #285 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #2179 in Books > Health, Fitness & Dieting > Children's Health

## **Customer Reviews**

Healthy Kids Cookbook: Over 280 Quick & Easy Gluten Free Low Cholesterol Whole Foods

Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation)

The recipes are very kid friendly and not only offer healthy tasty recipes but also offer great ways to teach your kids math skills in the kitchen. The sequence, pictures, instructions, and recipes are all great! Recommended

Most food that my nephews are eaten are junk foods. I am glad that I find this book. The recipes in this book is good alternative for junk foods. The recipes is simple but very attractive for children. I can't wait to try some of the recipes in this book. I want my nephews to try this recipes and I am hoping they will like it...

This book is great for anyone learning to cook. Love the recipes in here very easy to use for kids learning to cook my daughter wants to cook more and with this I think with this my daughter will be

able to start expanding her recipes from eggs and Mac and cheese to a little bit better meals super excited for this book.

This book contains different types of recipes. There are gluten free, low cholesterol, antioxidants, weight loss and healthy kids food recipes. The instructions are so easy to follow and given ingredients are available in near grocery shop.

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 book is the perfect way to introduce your children to healthy eating habits. The recipes are very kid friendly and not only offer healthy tasty recipes, but also offer great ways to teach your kids math skills in the kitchen. I like also that it's not a basic kiddie cookbook ,this is something they can really learn from.

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. Set the timer and walk away. It requires practical ingredients most people have around the kitchen or spice rack. 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. Excellent cook-book!

Great cookbook to have because it has a lot of low cholesterol whole food recipes to learn. My doctor advices me that I should get started in eating whole food meals because most of it our low in cholesterol so that I can maintain my blood pressure to normal and this book will surely help me in learning how to prepare recipes like that.

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