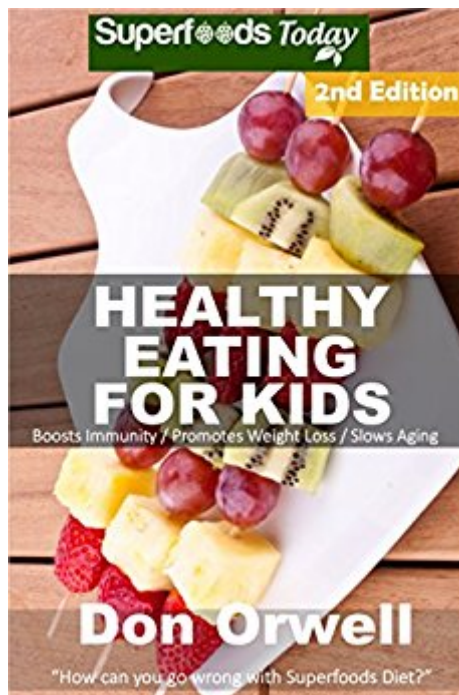




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# Healthy Eating For Kids: Over 190 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 283)



## 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 Eating For Kids -second edition contains over 190 Gluten Free and Wheat Free Kids Friendly Superfoods recipes created with 100% Superfoods ingredients. This 400+ 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, Cocoa, 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

File Size: 10018 KB

Print Length: 498 pages

Simultaneous Device Usage: Unlimited

Publisher: Superfoods Today; 2 edition (August 9, 2016)

Publication Date: August 9, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01K4VZJNC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #747,292 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #121

in Kindle Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #275

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Transformation Book 198) Healthy Kids Cookbook: Over 260 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Healthy Kids Natural Weight Loss Transformation) 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) Healthy Kids Cookbook: Over 260 Quick & Easy Gluten

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