



**Healthy Cooking For Kids: Over 150 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 84)**

*Don Orwell*

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## **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'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 Cooking for Kids Book contains over 150 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 300+ 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'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'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

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**From reader reviews:**

**Ellen Jones:**

As people who live in the modest era should be update about what going on or data even knowledge to make these keep up with the era which can be always change and move forward. Some of you maybe will probably update themselves by examining books. It is a good choice for you personally but the problems coming to an individual is you don't know what kind you should start with. This Healthy Cooking For Kids: Over 150 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 84) is our recommendation so you keep up with the world. Why, because book serves what you want and want in this era.

**Richard Benson:**

Now a day folks who Living in the era where everything reachable by talk with the internet and the resources in it can be true or not demand people to be aware of each info they get. How people have to be smart in getting any information nowadays? Of course the correct answer is reading a book. Examining a book can help men and women out of this uncertainty Information specifically this Healthy Cooking For Kids: Over 150 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 84) book as this book offers you rich info and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it as you know.

**Cinthia Beltran:**

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**John Ashton:**

That guide can make you to feel relax. This kind of book Healthy Cooking For Kids: Over 150 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural

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