

The Unsurpassed Superfood Power Series



Targeted Ways to Boost your Child's Performance
Set 2 **The Teenager Transformation Boost**
Best SuperFoods for Healthy Skin



Strawberries

Fresh
Frozen yoghurt
Chicken salad



Cucumber

Sticks
Spicy salad
Tzatziki dip



Watermelon

Fresh
Smoothie
Feta salad



Beets

Oven chips
Roasted
Hummus



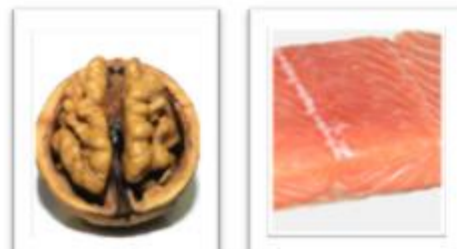
Sweet potato
Carrots

Soup
Fritters
Roasted



Oatmeal

Breakfast
Muffins
Cookies



Walnuts
Oily fish

Crusted fish
Seared salmon
Walnut snack



Spinach

Creamed
Salad
Ravioli



Citrus Fruit

Fresh fruit
Fruit salad
Juice



Pumpkin
seeds

Snack
Clusters
Trail mix

✓ Top Tips

- ✓ Keep hands away from face! Wash hands frequently
- ✓ Drink plenty of water
- ✓ Get quality sleep every night
- ✓ Clean face twice daily
- ✓ Exercise daily
- ✓ Relax with friends

Avoid



- x Make up
- x Dirty cellphone!
- x High sugar content foods
- x Scarring by not touching, squeezing or scrubbing
- x Excessive sun exposure
- x Emotional stress

