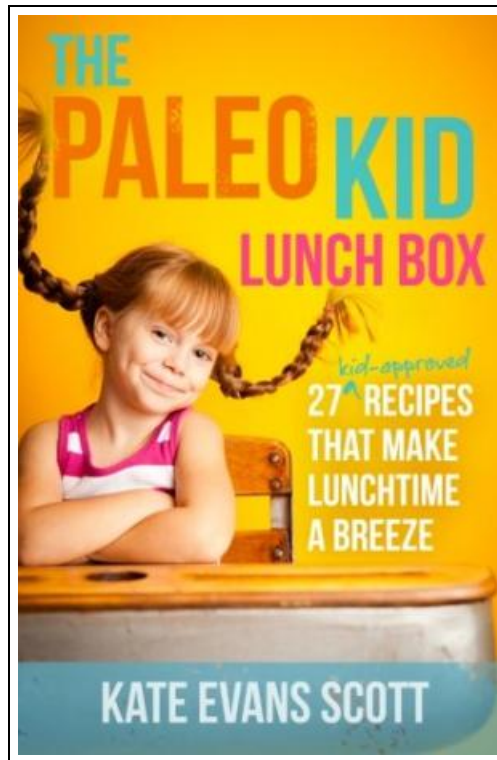


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(Julia Mohr II)

THE PALEO KID LUNCH BOX: 27 KID-APPROVED RECIPES THAT MAKE LUNCHTIME A BREEZE (PRIMAL GLUTEN FREE KIDS COOKBOOK)



Kids Love Press, United States, 2013. Paperback. Book Condition: New. 208 x 136 mm. Language: English . Brand New Book ***** Print on Demand *****. Are You Ready For Easy-To-Prepare Gluten Free, Grain Free Delicious Paleo Lunch Recipes That Your Kids Will Love and Actually Eat? An Allergy-free, Whole Foods Cookbook Designed by a Mom for Health Conscious and Food Sensitive Parents and Children. This book will transform your child s lunchtime experience at home and at school for the better by providing you with real whole food lunch box recipes, ones that will fulfill their cravings while leaving out all the processed fillers. The Paleo Kid Lunch Box is packed with mouthwatering recipes that will boost your child s brainpower, increase energy, and strengthen the immune system. With recipes so simple and tasty, your kids will enjoy making them with you, as much as eating them. Designed with the busy family in mind, the recipes included in this must-have Paleo guide are easy to prepare even on the most chaotic of mornings. All of the recipes are Authentically Paleo and include step by step instructions and estimated prep times. The Paleo Kid Lunch Box makes eating healthy a fun and simple process with all 27 kid-tested recipes that guarantee that your child will be the envy of the cafeteria. These lunchtime creations are full of comfort foods that nourish, satisfy cravings, and leave their bellies happier and healthier. This book will steer your child toward protein rich meats, vegetables, fruits, nuts and healthy fats while avoiding potential allergens like gluten, grains, dairy, and legumes. The Paleo Kid Lunch Box is perfect for an allergy free diet. Allergy free diets have been proven to be helpful for children suffering from autism, ADHD, and asthma. This Gluten Free, Kid Friendly cookbook...



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