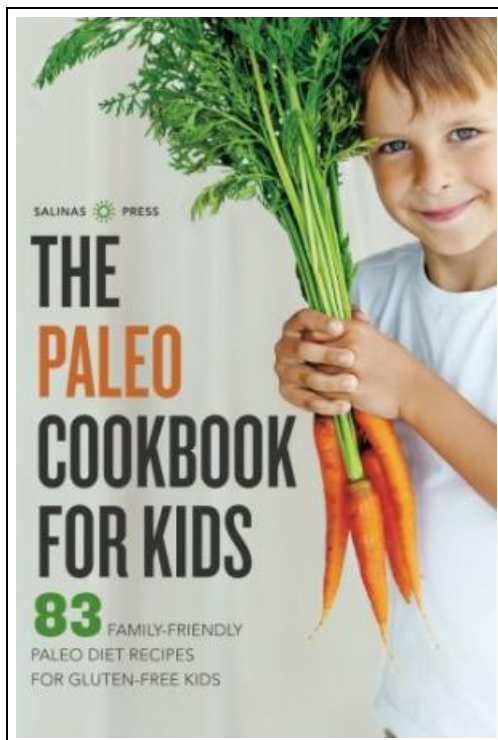


The Paleo Cookbook for Kids 83 Family-Friendly Paleo Diet Recipes for Gluten-Free Kids



Filesize: 5.13 MB

Reviews

Merely no words to clarify. I could comprehend almost everything using this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Lori Terry)

THE PALEO COOKBOOK FOR KIDS 83 FAMILY-FRIENDLY PALEO DIET RECIPES FOR GLUTEN-FREE KIDS



Salinas Press. Paperback. Condition: New. 158 pages. Dimensions: 9.0in. x 5.9in. x 0.6in. Make delicious, gluten-free recipes that kids will want to eat with The Paleo Cookbook for Kids. A Paleo diet made up of whole and unprocessed foods gives your kids the energy they need to succeed. Packed with nutritious fruits, vegetables, nuts, and meats, Paleo meals are a delicious and wholesome alternative to traditional lunches, and will keep your kids going throughout the day. The Paleo Cookbook for Kids gives you dozens of portable lunch recipes tailored to kids palates. From Paleo Chicken Strips with dipping sauces, to colorful Kebabs, to Paleo Noodle Pizza, The Paleo Cookbook for Kids contains more than 80 kid-friendly recipes for all meals of the day with flavors, textures, colors, and crunch that kids will love. The Paleo Cookbook for Kids will make Paleo eating fun for kids with: More than 80 Recipes: Dozens of healthy and interactive meals, including crispy Plantain Chips, hearty Paleo Granola Bars, and delicious Zucchini Fries. Paleo Cookbook Food List: A comprehensive food list to inspire great menu ideas and invite kids to share in decisions about what to eat. A Paleo Pantry Guide: Enliven your pantry with new flavors. Plus, handy cook forward notes from the editors of The Paleo Cookbook for Kids will help you plan ahead for a busy family. Paleo Substitutes: Detailed information on how to trade unhealthy processed snacks for quick and easy Paleo substitutes. A 7-Day Paleo Cookbook Meal Plan: A week of simple, tasty Paleo lunches and snacks for your kids. The Paleo Cookbook for Kids will make it easy to create Paleo fare for healthy, strong, and happy kids. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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