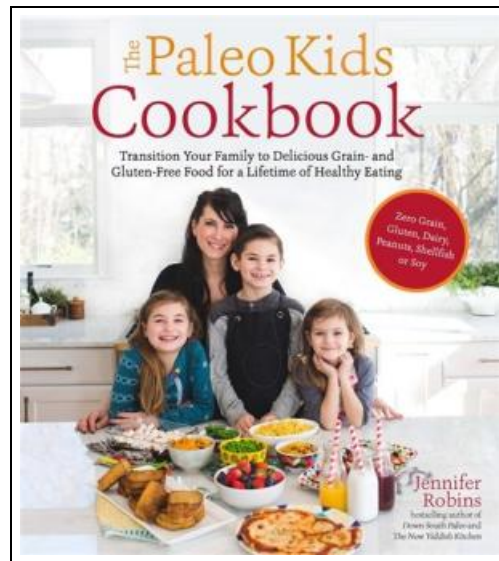


The Paleo Kids Cookbook (Paperback)



Filesize: 7.7 MB

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THE PALEO KIDS COOKBOOK (PAPERBACK)



Page Street Publishing Co., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. After months of health crisis and illnesses, Jennifer Robins found the answer to her symptoms and diagnosis to become gluten free and Paleo. When her three children began to show similar sensitivities and intolerances, Jennifer adapted her family to follow the same lifestyle and found that omitting the same inflammatory items from their diets greatly improved their health as well. Jennifer is back, following up her bestselling book, Down South Paleo, which was just mentioned on Bookscan s Top 100 Adult Non-Fiction list. Jennifer outlines how simple the process to transition your children to a Paleo lifestyle can be. The keys to making Paleo work for children include having a backup plan, like bringing healthy snacks like Raw Cookie Dough Bites with you so cravings are covered and packing lunches to provide your kids with the foods they can enjoy, such as Mummy Dogs. You ll recreate favourites such as Sweet Sour Chicken and Paleo Mac N Cheese, as kids take comfort in their favourite foods so they won t feel like they re missing anything. Also, while essentially a cookbook packed with smart recipes kids love, this book will show you how to get your family involved by putting them on the road to making their own good food choices.



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