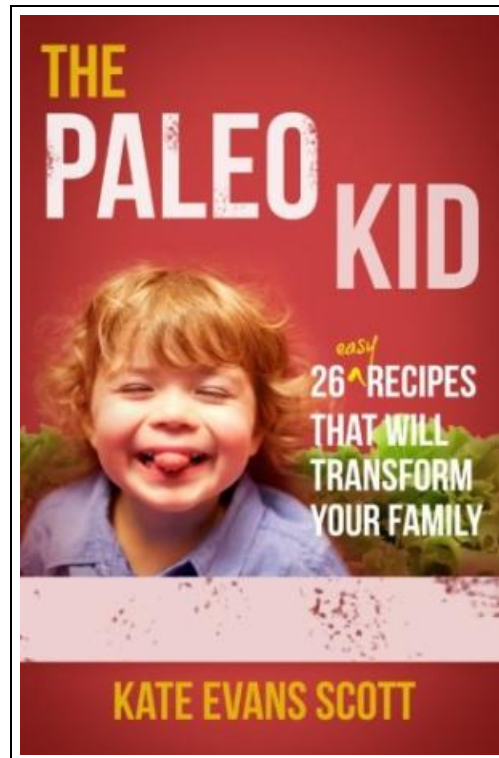


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Reviews

Thorough manual for pdf lovers. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Kaycee McGlynn)

THE PALEO KID: 26 EASY RECIPES THAT WILL TRANSFORM YOUR FAMILY (PRIMAL GLUTEN FREE KIDS COOKBOOK)



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Kids Love Press, United States, 2013. Paperback. Book Condition: New. 206 x 136 mm. Language: English . Brand New Book ***** Print on Demand *****. Looking For Gluten Free, Grain Free Delicious Paleo Recipes That are Easy To Prepare and That Your Kids Will Love? An Allergy-free, Whole Foods Cookbook Designed by a Mom for Health Conscious and Food Sensitive Parents and Children. This book will help you get back to basics and cook real whole foods with your children, without all the processed fillers, by making cooking fun and educational. Each recipe is Authentically Paleo and includes step by step instructions, estimated prep times, and great tips for including children in the cooking process. The Paleo Kid makes eating healthy simple with 26 kid tested recipes for breakfast, lunch, dinner and snacks that the whole family will love! Comfort foods that not only nourish, but satisfy cravings by steering your child toward protein rich meats, vegetables, fruits, nuts and healthy fats while avoiding potential allergens like gluten, grains, dairy, and legumes. The recipes in this book are 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 contains: 26 delicious recipes for breakfast, lunch, dinner, and snacks Step-by-step instructions on how to cook really tasty quick foods that even the busiest families will love. Tips and Techniques on how to involve children in the cooking process, and ways to make the transition to a Paleo diet easier for little palates. Suggestions for Kitchen tools to make food preparation easy and fun. Recipes that are nourishing and completely free from common allergens such as gluten, dairy, grains, preservatives, dyes, soy and processed sugar. Budget friendly options so you can eat well...

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