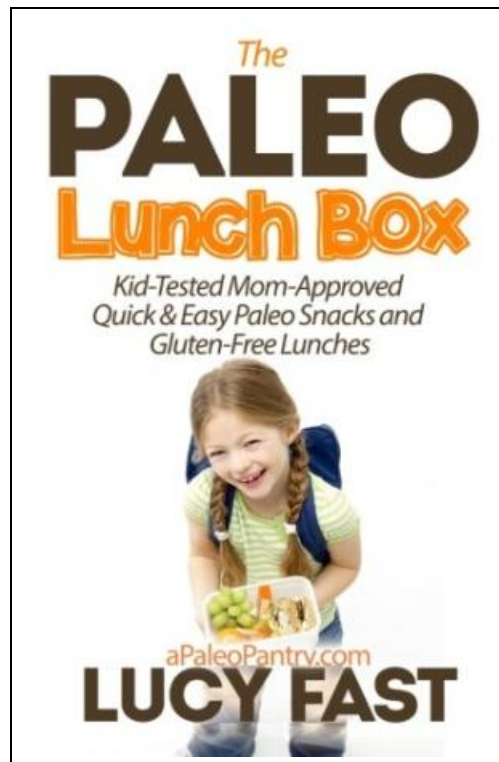


Paleo Lunch Box: Kid-Tested, Mom-Approved Quick Easy Paleo Snacks and Gluten-Free Lunches



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Reviews

*This is an incredible book that I have ever read through. It can be rally exciting throgh reading through time period. I discovered this publication from my i and dad recommended this pdf to find out.
(Friedrich Lynch DDS)*

PALEO LUNCH BOX: KID-TESTED, MOM-APPROVED QUICK EASY PALEO SNACKS AND GLUTEN-FREE LUNCHES



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Createspace, United States, 2014. Paperback. Book Condition: New. 210 x 136 mm. Language: English . Brand New Book ***** Print on Demand *****.In, The Paleo Lunch Box: Kid-Tested, Mom-Approved Quick Easy Paleo Snacks and Gluten-Free Lunches you re about to discover how to make nutritious food, right in the comfort of your own kitchen, that even the pickiest of young diners will enjoy - we re talking the kids who turn up their cute little sniffers at anything other than pizza, chicken nuggets, and macaroni and cheese from the box. Well, get ready to cook outside of the box! The simple and tasty paleo lunches and snacks included in this book will have kids cleaning their plates while developing healthier eating habits at the same time. Kids eating the standard American diet are experiencing higher rates of diseases that were once only associated with adults, including obesity, diabetes, heart disease, and depression. Studies show that processed foods - typically laden with sugar, fat, and salt, and found at every fast-food restaurant and in most of our grocery store aisles - are a big part of the problem. The paleo diet addresses this issue in a couple of ways: 1) it eliminates processed foods, and 2) it greatly reduces sugars of any type and unhealthy fats. But this doesn t mean that you ll have to spend hours hunting and gathering and stoking the fire to create a wholesome meal. In fact, once you ve mastered a few of these simple recipes, you ll find that they take no longer to prepare than a box of macaroni. You ll soon have a new set of go to meals that will disappear from plates about as quickly as it took you to make them. Don t forget to encourage young tykes to...



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