

Paleo Kids Recipes: Paleo Recipes for Kids Who Are Picky Eater and Parent Who Want Healthy Kids



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(Ms. Earline Schultz)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo Kids Recipes The Essential Kitchen Series, Book 91 Paleo Recipes For Kids Who Are Picky Eaters and Parents Who Want Healthy Kids You don t need to be a caveman to see the benefits that would come from a simplified diet. Today, our bodies are bombarded with high-calorie, processed foods, many of them reliant on grains, legumes and dairy products. These are all more difficult for the human body to digest and absorb, but more importantly, they are linked to heart disease, obesity, and diabetes. Enter the rediscovery of a diet that was lost but not forgotten.The Paleo Diet. Learn to base your food consumption on the natural elements your body was initially designed to digest: more protein (meat, seafood, and other lean animal products), fewer carbohydrates, and greater fiber. A Children s Guide to Eating for Life Paleo Kids Recipes has solved a number of problems for you, providing a wonderful assortment of meals geared specifically for children. Each recipe caters to all skill levels and tastes. The recipes are straightforward and mouth-wateringly delicious - just take a look at some we ve included: Chicken Nuggets with Homemade Tomato Ketchup Bun-Less Salmon Burgers with Avocado Salsa Beef Veggie Muffins Something for Everyone, Including Finicky Eaters If you can create meaningful goals, follow simple directions, and set aside a few minutes a day, you can achieve great success by adhering to the basic principles contained in this creative batch of recipes; including burgers, chicken, and much more. Learn what thousands have already discovered: your body is a food-processing machine; give it what it wants and what s best for it. It s your body,...



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