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The Paleo Kid Lunch Box: 27 Kid-Approved Recipes That Make Lunchtime A Breeze (Primal Gluten Free Kids Cookbook)



Synopsis

"Are You Ready For Easy-To-Prepare Gluten Free, Grain Free Delicious Paleo Lunch Recipes That Your Kids Will Love and Actually Eat?" An Allergy-free, Whole Foods Cookbook Designed by a Mom for Health Conscious and Food Sensitive Parents and Children. This book will transform your child's lunchtime experience at home and at school for the better by providing you with real whole food lunch box recipes, ones that will fulfill their cravings while leaving out all the processed fillers. 'The Paleo Kid Lunch Box' is packed with mouthwatering recipes that will boost your child's brainpower, increase energy, and strengthen the immune system. With recipes so simple and tasty, your kids will enjoy making them with you, as much as eating them. Designed with the busy family in mind, the recipes included in this must-have Paleo guide are easy to prepare even on the most chaotic of mornings. All of the recipes are Authentically Paleo and include step by step instructions and estimated prep times. 'The Paleo Kid Lunch Box' makes eating healthy a fun and simple process with all 27 kid-tested recipes that guarantee that your child will be the envy of the cafeteria. These lunchtime creations are full of comfort foods that nourish, satisfy cravings, and leave their bellies happier and healthier. This book will steer your child toward protein rich meats, vegetables, fruits, nuts and healthy fats while avoiding potential allergens like gluten, grains, dairy, and legumes. 'The Paleo Kid Lunch Box' is 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: 27 delicious recipes for lunch, beverages, and snacks Step-by-step instructions on how to prepare really tasty quick foods that even the busiest families will love. Tips on how to make the transition to a Paleo diet easier for little palates. Suggestions for Kitchen tools to make lunchtime 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 without breaking the bank. Some of the delicious recipes included are: Coconut-Cashew Bread Maple-Cinnamon Granola Apricot Bars Chia Pudding Turkey Club Sandwich Before School Chili Strawberry Milkand more! Can't wait to dig in.... Scroll to the top of the page to get your copy now and make cooking time - fun time for the whole family! About The Author Kate Evans Scott is a stay at home mum to a preschooler and a toddler. In her former life she worked in Graphic Design and Publishing, which she now draws from to create inspiring books for young children and their parents. Her passion for writing began with her preschooler who is an encyclopedia of all things animal, vegetable and mineral. With a deep inspiration to create books to satisfy his desire to learn, and his love of food, Kids Love Press was born.

Book Information

Paperback: 86 pages

Publisher: Kids Love Press; Primal Gluten Free Kids Cookbook edition (July 31, 2013)

Language: English

ISBN-10: 0991972929

ISBN-13: 978-0991972920

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 5.8 ounces (View shipping rates and policies)

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Customer Reviews

I was fortunate enough to find this ebook while it was listed as FREE so I did not hesitate to add it to my Kindle. Obviously the value of this book in getting it free is great, but if you do end up spending a few bucks on it, I believe it is well worth it. I have tried several recipes and my daughter loves each and every one of them and honestly a few of them have even become staples in our home. Here are our fav's:-Trail Mix Granola bars have been the biggest hit and are super easy to make. We serve them to our daughter as straight up granola bars or we crumble them and give her granola cereal .-The Amazing Flatbread is also a HUGE hit. I have been making Paleo bread. but my daughter prefers this flatbread recipe and its another one that has only a few ingredients and steps. I personally eat AIP and I can even have this....SCORE!! appreciate how simple, practical and informational this ebook is. I would definitely recommend it.

These recipes are very good and my whole family likes whatever I make from this book. Some of our favorites are, "Coconut Cashew Bread", "Amazing Flatbread", "Kale Chips", "Sweet Potato Chips", "Spice Cookies", "Egg Salad Pita Sandwich", "Savory Poppers", "Pineapple Mint Water", 'Strawberry Grape Water', "Strawberry Milk". Our all time favorite recipe is the "Trail Mix Granola Bars". They are so good and I often bring them to parties because they're such a crowd pleaser, even for non paleo eaters. There is a picture included for each recipe. The only thing I wish this book had are the calorie and macronutrient counts. Overall, I highly recommend this book even if

you don't have kids.

We homeschool, so we don't pack daily lunchboxes. But we have family members who need to be on special diets for health reasons, including my gluten and dairy free 7yo. And we do pack snacks and meals when we travel. I found that this book gave me lots of safe, healthy, simple ideas my 7yo daughter, will just LOVE.

My kids would not touch most of the recipes in this book, and they have been paleo for 3+ years (one of them since birth). Just reading through the recipes and ingredients you can tell that the majority of kids won't eat them. Many of these recipes don't pack well either. For example, lettuce wraps? Those would be a huge sloppy mess by lunchtime. I was really disappointed with this book.

I agree with another reviewer who said this is more like a pamphlet. I guess I'm old fashioned and like my cookbooks in color. This was only 27 recipes but I knew that as it is in the title. I was hoping for something else, I'm not sure what, but not this. I think a \$5.99 or \$6.99 would be a better price for this book. I won't be buying any more of these books.

I love these recipes, easy to make and things my kids would eat. Would love to see another book nut free for the nut free school my kids attend :)

We are getting ready to go Paleo in our family. Our (7years old) daughter has a rare auto-immune disease and we hope this will help her body fight the inflammation. I have been MOST stressing about lunches. I bought all of Kate's books and am grateful for the help to see that I can do this. It'll be a journey! Thanks for coaching me through with some great tips!

This book as fairly easy to follow and included recipes that are fairly easy to make with easy to find ingredients. Some of the recipes I didn't particularly like just because they didn't suit my family and what my children will eat. Overall it had good variety and some good ideas.

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