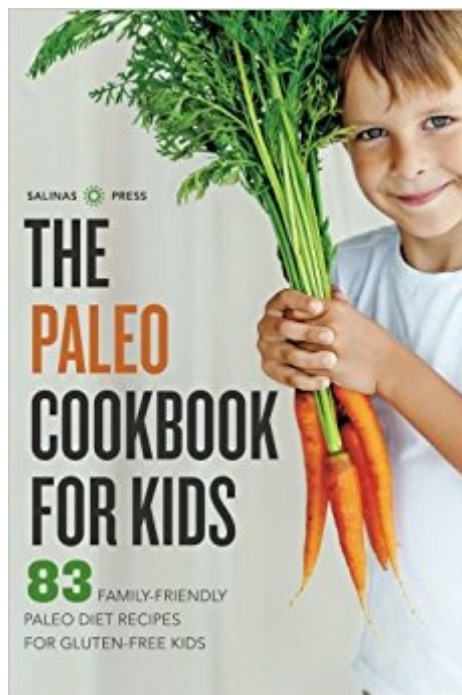




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# Paleo Cookbook For Kids: 83 Family-Friendly Paleo Diet Recipes For Gluten-Free Kids



## Synopsis

Make delicious, gluten-free recipes that kids will want to eat with *The Paleo Cookbook for Kids*. A Paleo diet made up of whole and unprocessed foods gives your kids the energy they need to succeed. Packed with nutritious fruits, vegetables, nuts, and meats, Paleo meals are a delicious and wholesome alternative to traditional lunches, and will keep your kids going throughout the day. The *Paleo Cookbook for Kids* gives you dozens of portable lunch recipes tailored to kids' palates. From Paleo Chicken Strips with dipping sauces, to colorful Kebabs, to Paleo "Noodle" Pizza, *The Paleo Cookbook for Kids* contains more than 80 kid-friendly recipes for all meals of the day with flavors, textures, colors, and crunch that kids will love. *The Paleo Cookbook for Kids* will make Paleo eating fun for kids with:

- More than 80 Recipes: Dozens of healthy and interactive meals, including crispy Plantain Chips, hearty Paleo Granola Bars, and delicious Zucchini Fries.
- Paleo Cookbook Food List: A comprehensive food list to inspire great menu ideas and invite kids to share in decisions about what to eat.
- A Paleo Pantry Guide: Enliven your pantry with new flavors. Plus, handy "cook forward" notes from the editors of *The Paleo Cookbook for Kids* will help you plan ahead for a busy family.
- Paleo Substitutes: Detailed information on how to trade unhealthy processed snacks for quick and easy Paleo substitutes.
- A 7-Day Paleo Cookbook Meal Plan: A week of simple, tasty Paleo lunches and snacks for your kids.

*The Paleo Cookbook for Kids* will make it easy to create Paleo fare for healthy, strong, and happy kids.

## Book Information

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## Customer Reviews

I'm helping my friend out with her 6-year-old daughter while she is out of town for work. This

book has come at such a perfect time. She is such a picky eater. Everything is "No, I don't eat that." Well, how do you know what you don't eat until you've tried it? She seems to keep a cold, so I thought this diet could be helpful to boost her immune system and help transition her to a variety of foods. I took her to the grocery store with me and we stayed out of the boxed and canned food aisle. I had her pick out fresh fruits and veggies of her favorite colors. I think this book is well organized. I loved the fact that the Paleo Cookbook for Kids gives you an entire first week's meal plan and incorporates leftovers. It makes it easy to get started without overthinking what you're going to do first. I find the kid friendly breakfasts to be easy to prep and make so we can get out the door. She likes very sweet oatmeal, so I gave the Pumpkin Puree a try, and substituted with sweet potato mixture since I always keep a batch in the freezer to make pies. She absolutely loved it. I received this eBook to review free; however, the opinions expressed here are my own.

I was excited to see how many new ideas I would find in The Paleo Cookbook for Kids. By about page 10 I was disappointed and bored. There were several ideas shared but most are very simple, common sense ideas. If you're a parent, you know how to incorporate new foods. You know what's going to fly with your child and what will not. There were so many ideas about how to convince them to eat this way. Why? Just incorporate a few new things here and there and don't spend so much time trying to talk your child into it. A lot of the recipes may be good although I'm not sure they are usually things kids enjoy eating. Stuffed Grape Leaves and Peppers Stuffed with Pork and Cabbage? That's a hard sell even when it's not Paleo. A simple Google or Pinterest search would produce more, unique Paleo, kid friendly ideas.

I am a mother. I am also a pretty big food addict. Most importantly, as an online lifestyle consultant for my own website, I teach about nutrition and give tips on transitioning to alternative diets including raw vegan, macrobiotic, and of course PALEO which is the subject of this book. I appreciated this book's introduction, although much of it was information I had already researched but for the average beginner, the introduction is very persuasive and gives excellent, common sense reasons why to switch to a more whole foods diet, whether vegan or paleo. The interesting commonality between both subcultures-- "raw vegan" and "paleo"-- is that they both espouse the dangers of GRAINS, gluten, and the hard to digest starches that lead to literally all of the degenerative diseases on the rise today. The book has wonderful meals and delicious recipes. My favorites SO FAR that I've experimented with (the first night of reading, no less) were the sweet potato pancakes

and the almond butter brownies. My husband, on the other hand, his favorites were the curried tuna nori rolls and the breakfast burritos (we substituted ground lamb instead of the ground turkey in the book's recipe). I look forward to implementing more of these meal ideas into our family diet.

The Paleo Cookbook for Kids: 83 Family-Friendly Paleo Diet Recipes for Gluten-Free Kids is a great base to begin your family on the Paleo diet. Beginning any diet, Paleo or otherwise, is always difficult, but the recipes in this cookbook are easy to follow and delicious. Parents, especially those who have children who are diagnosed with Celiac disease, will benefit from the healthy recipes in this cookbook. It includes recipes for all times of day, including breakfast, lunch, dinner, and snacks. The recipes cover all of the major food groups and are amusing and colorful to create. This cookbook is even useful for those who do not have gluten sensitivity, because it is filled with nutritious and energy-packed meals.

"The Paleo Cookbook for Kids" follows, of course, the Paleo diet which is based on the foods that were available to those living in the Paleolithic era, or Stone Age. This diet emphasizes real food and natural flavors, colors and textures, and consists of fruits, vegetables, nuts and meat. There were no grains and legumes in that era, and so the diet does not include them. There are many health benefits, including weight loss, associated with this diet. What I find so compelling in this cookbook is the sense of joy and adventure that seems to leap out at you from every page. For instance, the list of meats includes goat, rabbit and buffalo, and the list of poultry and eggs includes emu and ostrich. Are you ready to join in the hunt and stalk your prey?! The aim of the book is not just for an adult to provide children with food, but for the parent to involve the children in any and every way possible so that the kids become invested in the Paleo diet. Part of this is education, and part is participatory as the child may be encouraged to plan the menu, pick out the freshest and best-looking ingredients at the grocery store, set the table and help in the meal preparation. Kids can even make thin veggie strips and then use them to tie the wraps shut. In the seven-day meal plan I liked the column for notes where it was suggested that one meal's leftovers might become part of another meal the next day. The bulk of the book is the collection of recipes for the main meals, snacks and dessert. I found the appendix very helpful, with a section on Paleo substitutes (for instance, almond or coconut flour instead of wheat flour) and a final section on Kid-Friendly, Paleo-Friendly Snacks. This follows the format of "If you want a snack that is \_\_\_\_\_, try \_\_\_\_\_." And here we have many possibilities for whatever mood we are in, whether we want crunchy and savory, savory but creamy and rich, frozen and sweet, sweet, sweet and creamy,

or hot and spicy. To sum it up, this book has everything you need for a healthy family adventure.

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