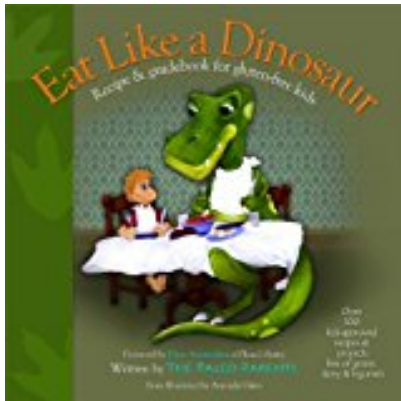


# Eat Like a Dinosaur Recipe & Guidebook for Gluten-free Kids

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## BOOK DETAILS

- Author : Paleo Parents
- Pages : 288 Pages
- Publisher : Victory Belt Publishing
- Language : English
- ISBN : 1936608871



## BOOK SYNOPSIS

Dont be fooled by the ever-increasing volume of processed gluten-free goodies on your grocery store shelf! In a world of mass manufactured food products, getting back to basics and cooking real food with and for your children is the most important thing you can do for your familys health and well-being. It can be overwhelming when thinking about where to begin, but with tasty kid-approved recipes, lunch boxes and projects that will steer your child toward meats, vegetables, fruits, nuts and healthy fats, Eat Like a Dinosaur will help you make this positive shift. With an illustrated childrens story describing the paleo diet, and colorful, mouthwatering photographs of recipes without grains, dairy, soy and refined sugar, this book is written for children. For those with food allergies, the top 8 allergens have been visually marked on each recipe for children to self-identify recipes that may contain eggs, nuts, fish, or shellfish. Parents neednt panic! Details on the tools and products your family needs to get started have been provided, as well as an assortment of tips to help you along the way. Eat Like a Dinosaur will inspire your entire family to shop for new ingredients and get into the kitchen together. Let Matt and Stacy, the Paleo Parents, show you how to make the transformation in your familys life. With positivity, practicality and an appreciation for the fact that even the healthiest children sometimes want cupcakes and chicken nuggets—this book simply provides healthier ways to give kids the foods they love.

### **EAT LIKE A DINOSAUR RECIPE & GUIDEBOOK FOR GLUTEN-FREE KIDS -**

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