



# **Paleo for Kids: The Sassy Cavewoman's Dinosaur Bones: 40 Kid-Friendly Recipes with 5 Ingredients or Less**

*Megan White*

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Paleo For Kids: The Sassy Cavewoman's Dinosaur Bones: 40 Prehistoric Paleo Recipes for Picky Cave Kids—with 5 Ingredients or Less! Are you a Paleo parent having a rough time getting your Cave Kids to eat healthy, nutritional foods? Are you looking for kid friendly recipes that are EASY, HEALTHY, and FREE of processed ingredients? Do you need a kids breakfast cookbook that doesn't look to sugar-boosting cereals or junk food for all-day fuel? Do you struggle knowing how to prepare healthy desserts for kids that coincide with your Paleo lifestyle? Do you just need a regular kid-friendly recipe, but want to turn toward healthy, natural ingredients from the earth to allow your children to learn what you couldn't when you were younger—that good eating must start YOUNG? Do you have 5 ingredients on hand, by chance? If you want to teach your children the benefits of good, nutritional meals without tearing your hair out (and allowing them to help, as well!), this book is for you. Paleo For Kids: The Sassy Cavewoman's Dinosaur Bones: 40 Prehistoric Paleo Recipes for Picky Cave Kids—with 5 Ingredients or Less! Offers 40 Incredibly Nutritious, Interesting—if Simplistic—Paleo Children Recipes. In this book, you will discover: • Paleo Kid-friendly Breakfast Recipes. • Paleo Children Lunch Recipes for Mid-Day Nutritional Pick-Me-Ups. • A Cookbook for Parents who want to teach their children the benefits of living well and living naturally. • Information about how to feed babies and toddlers. Hint: it's different than your teenagers! • Tips on how to assimilate your children into the Paleo diet lifestyle. • Nutritional recipes to allow your children (and yourself!) to grow strong, have revving metabolisms, and stay slim and fit. In this age when everything comes pre-packaged and pulsing with sodium, what more could you ask for? This Paleo kids meals cookbook is the essential step toward teaching your children the benefits of the Paleo lifestyle. Know that your children pay attention to what you eat and how you eat. If you fuel a lifestyle of happiness and health, they'll follow suit throughout the rest of their lives.

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