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Paleo Lunch Box: Kid-Tested, Mom-Approved Quick Easy Paleo Snacks and Gluten-Free Lunches

By Lucy Fast

Createspace, United States, 2014. Paperback. Book Condition: New. 210 x 136 mm. Language: English . Brand New Book ***** Print on Demand *****. In, The Paleo Lunch Box: Kid-Tested, Mom-Approved Quick Easy Paleo Snacks and Gluten-Free Lunches you're about to discover how to make nutritious food, right in the comfort of your own kitchen, that even the pickiest of young diners will enjoy - we're talking the kids who turn up their cute little sniffs at anything other than pizza, chicken nuggets, and macaroni and cheese from the box. Well, get ready to cook outside of the box! The simple and tasty paleo lunches and snacks included in this book will have kids cleaning their plates while developing healthier eating habits at the same time. Kids eating the standard American diet are experiencing higher rates of diseases that were once only associated with adults, including obesity, diabetes, heart disease, and depression. Studies show that processed foods - typically laden with sugar, fat, and salt, and found at every fast-food restaurant and in most of our grocery store aisles - are a big part of the problem. The paleo diet addresses this issue in a couple of ways: 1) it...



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