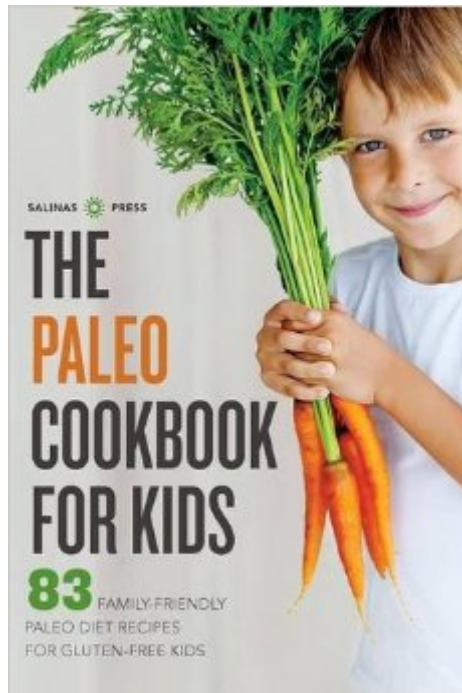


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# Paleo Cookbook For Kids: 83 Family-Friendly Paleo Diet Recipes For Gluten-Free Kids



## 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 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've gone through several paleo cookbooks lately since I'm trying to cut excessive carbs and all dairy from my diet. I thought a kid's cookbook would have simple dishes that even fussy eaters would love. With that in mind, I was surprised to find recipes for pulled pork and London broil. Don't think I was ever served those as a kid, nor would I have eaten them if I was. For me, this book is full of fun recipes, and hints for substitutions—almond flour, for example, or coconut milk. Many of these simple recipes can be made with stuff I keep around my kitchen already. Personally though, I'm not a fan of food designed to impersonate foods you shouldn't be eating. Cauliflower is not popcorn no matter what you sprinkle on it. Eggplant, zucchini, and squash aren't noodles, no matter how you cook them. I'd recommend this book to adults trying out the paleo lifestyle. But don't be surprised if your kids won't go anywhere near some of these recipes. Disclosure: I received a free copy for review.

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.

Overall, great for those dedicated to healthy diet. Here are my pro's and con's of this cookbook.  
Pro's: Provides a seven day meal plan to introduce diet Provides a list of substitutes Uses a healthy, diverse array of foods  
Con's: Ingredients are expensive, which could break your food

budget Recipes are often time consuming in preparation. In some cases, recipes call for multiple appliance uses (i.e. stove top, to oven, to stove top). In trying Sweet potato pancakes it said pumpkin could be substituted, but failed to offset for moisture content of pumpkin. If you can overcome the con's, this book is great. Personally, I don't believe it's one I would use as often. This book was given to me for a honest review.

The biggest hurdle in convincing kids to go on a gluten-free diet is keeping them away from the not so healthy, albeit pleasurable foods, ice cream, pasta, Oreo cookies, etc. The Paleo Cookbook immediately identifies and addresses this hurdle in " Getting Kids Started on the Paleo Diet." The recipes are quite deliciously put together. In fact they are so good that your kids will hardly recognize the difference since there are legitimate Paleo substitutes. This book lays it all out and perfectly brings it together in a weekly plan that makes shopping and cooking Paleo foods less unmanageable. The only reason why I won't give this book a five is because this cookbook is not actually written for kids, as the name might suggest.

I have been on the Paleo diet for a few months now and I have really found it to be beneficial to my body and mind. I also have two picky young eaters at home only ask for pizza and chicken nuggets, so while this diet is great, I find it very difficult to get them to eat what I'm eating. I found this book by accident while surfing around and I thought it was worth a try ... I can say it definitely was. The thing that I loved about this book is the 7 day meal planner. You need to have a plan in order to be successful, so I am really happy they laid that out. There is a great list of food to include, substitute and avoid so you always have a go to list. With these ingredients, there are an abundance of kid friendly recipes to choose from. They love the granola, mini pizza bites and of course the chicken strips. I love the fact that they love all these natural recipes and I know what is going in their food. This is a fantastic book for anyone considering a healthy diet for the entire family.

As a mother of five children including one who is a competitive gymnast I am always concerned about proper nutrition/diet for my family. I have read extensively about the Paleo way of eating, but I was reluctant to give it a try because, quite frankly, I was worried this gluten-free lifestyle would be ill-received in my household by a couple of my finicky eaters. I also admit that I thought this diet would be a headache to implement. I am happy that I received a free copy of The Paleo Cookbook for Kids: 83 Family-Friendly Paleo Diet Recipes for Gluten-Free Kids (Salinas Press, 2013) because it proved me wrong on both accounts. In addition to containing 83 healthful Paleo recipes that are

appealing to kids of all ages, this book also offers techniques to help encourage your child to try new foods, such as offering small tastings of several different foods (rather than a large serving of only one or two foods), and presenting foods in a fun manner (i.e., Bento box style, dinner for breakfast, etc.). One of my favorite parts of this book was a chart that assists new Paleo subscribers with how to substitute non-Paleo foods with Paleo-friendly ones. While some conversions on the chart tugged at my common sense (abandoning peanut butter for nut-based butters), others came as a delightful surprise (substituting grated cauliflower for rice). Our family made the Greenie Smoothie, which was delightful even though I am not a big fan of its "green ingredient" - avocado. While I have no plans to become a Paleo Convert, I do plan to make additional recipes from this book.

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