



# **Paleo Parents' Beginner Guide: Transform your meals with family friendly recipes the kids will love! (paleo diet, paleo cookbook, paleo for kids)**

*Deep Cove Publishing*

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**\*\*NEWLY REVISED & EXPANDED\*\***

## **Who Else Wants Paleo Recipes The Whole Family Loves?**

Because that's what this book is all about; creating quick and easy meals that the kids will love I was like you at one point - I was trying to cook paleo meals for my family, but they just didn't pass the taste test. I would spend hours in the kitchen, only to have my kids turn their noses up at the end result.

*Sound familiar?*

I'm convinced that my kids are the world's toughest food critics; anything that passes their lips must be meticulously thought-out with kids' tastebuds in mind. Instead of giving up, I spent years of meticulous trial and (mostly) error to come up with the foolproof recipes that I laid out for you in this book. Imagine what life would be like without the daily meal complaints from your kids.

## **Designed To Save Time for Busy Parents**

When you're not rushing between soccer practices and ballet recitals, you're expected to create a delicious meal for the family. This cookbook was designed by a busy mom who understands the struggles of putting dinner on the table for a busy family of four. *You won't find any fancy recipes in here*, just quick and easy paleo recipes that your kids will love.

## **...But Also for Picky Kids**

No matter how hard you work, your kids will tell you if they don't like the food you made. When I first started cooking paleo for my family, the kids wouldn't eat anything! Slowly but surely, I built up an arsenal of crowd-pleasing recipes that have my kids demanding more. From *Wonderfully Wicked Waffles* to *Strongman Stew*, my son literally licks the plate clean (I know, we're working on the manners thing...).

## **Success Starts With 5 Simple Steps**

Once you understand the basics in this book, it's really simple to create delicious paleo meals for your family. I'm not promising that you'll open up a restaurant in New York, but if you follow these five steps, you'll be on the road to paleo mastery:

1. Set yourself up for success with the pantry staples we discuss.
2. Invest in quality tools that will save you time every single day.
3. Learn which paleo friendly foods kids love most.
4. Shop for affordable kid friendly paleo foods with confidence.
5. Get your family on board with the paleo diet.

**Interested? Scroll up, click the BUY NOW button and get started right now!**

***\*Bonus Section\****

Over the years, I have built up a collection of the most amazing kitchen utensils and pantry products. One of the most common questions I get is about where to buy specific products. I put together a list of my all-time favorite kitchen and pantry items with links to Amazon so you can have them delivered straight to your doorstep.

**Here are just a few of the most popular recipes:**

- Prehistoric Pancakes
- Sausage and Mushroom Frittata
- Wonderfully Wicked Waffles
- Turnkey Turkey Wraps
- Strongman Stew
- Fantastic Fish Cakes
- Super Spare Ribs
- Ginger Biscuits
- Yummy Paleo Brownies
- ...and many more!

**If You Don't Learn The Basics Now, You Won't Forgive Yourself Later**

Paleo isn't a diet, it's a lifestyle. Part of the reason that you have decided to eat this way is because you think it's the healthiest choice for your kids. It's no secret that childhood obesity and preventable disease have reached epidemic levels in this country, and the only people who can fix it are parents. If you're bold enough to believe that your kids deserve better, you can enjoy the paleo lifestyle for years to come.

***Kid Pleasing Meals in 7 Days...Or Your Money Back***

*If you're not totally convinced that this book will help you implement kid-friendly paleo meals into your routine, all you have to do is click one button within 7 days of purchase and Amazon will return 100% of your purchase price. You have so much to gain and absolutely nothing to lose.*

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### **From reader reviews:**

#### **Karen Moore:**

The particular book Paleo Parents' Beginner Guide: Transform your meals with family friendly recipes the kids will love! (paleo diet, paleo cookbook, paleo for kids) will bring you to the new experience of reading a new book. The author style to clarify the idea is very unique. If you try to find new book to learn, this book very suited to you. The book Paleo Parents' Beginner Guide: Transform your meals with family friendly recipes the kids will love! (paleo diet, paleo cookbook, paleo for kids) is much recommended to you to read. You can also get the e-book from the official web site, so you can more readily to read the book.

#### **James Hill:**

Why? Because this Paleo Parents' Beginner Guide: Transform your meals with family friendly recipes the kids will love! (paleo diet, paleo cookbook, paleo for kids) is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will distress you with the secret that inside. Reading this book alongside it was fantastic author who also write the book in such amazing way makes the content within easier to understand, entertaining method but still convey the meaning completely. So , it is good for you for not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of benefits than the other book get such as help improving your expertise and your critical thinking approach. So , still want to hold up having that book? If I have been you I will go to the e-book store hurriedly.

#### **Rosalie Lloyd:**

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#### **Marlene Tiggs:**

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guide offer you information that possibly your friend doesn't realize, by knowing more than various other make you to be great men and women. So , why hesitate? Let's have Paleo Parents' Beginner Guide: Transform your meals with family friendly recipes the kids will love! (paleo diet, paleo cookbook, paleo for kids).

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