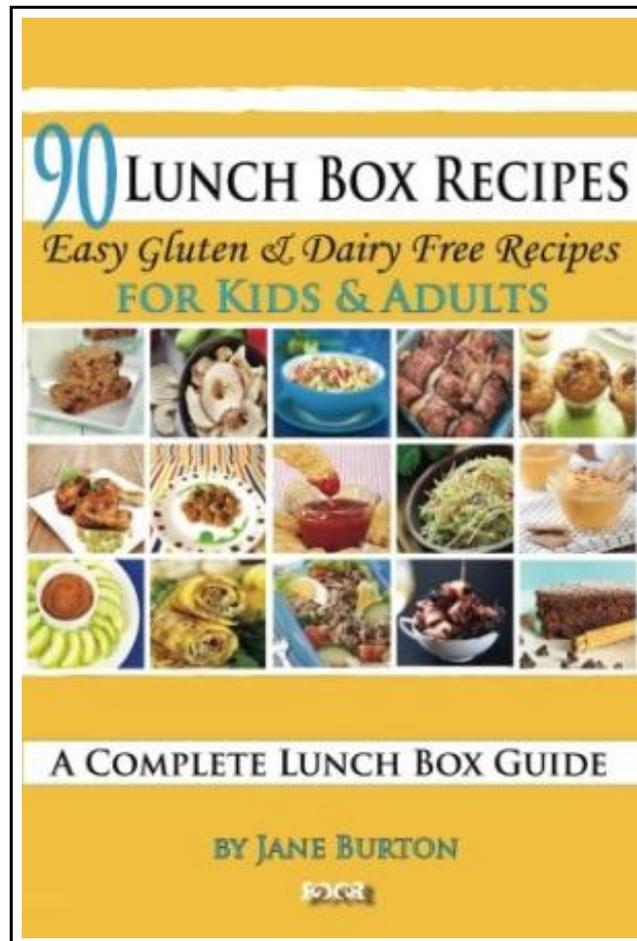


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Kangaroo Flat Books, United States, 2014. Paperback. Book Condition: New. 230 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.With around 90 allergy free, healthy lunchbox recipe ideas, this book will have your kids eating and enjoying their lunches each and every day! Some are super quick and easy, while others are the perfect make ahead lunchbox meal. It also gives a complete common sense guide to planning, preparing and packing nutritious lunches with loads of helpful tips and information. We lead busy lives, so getting the school lunch box organized is going to save time and give us happy kids! Allergies are a problem for many children, so that will be discussed too. As a bestselling Paleo author, many of the recipes are based on using natural foods and drinks that are tasty and very appealing to the kids. Gluten and dairy free recipe options are throughout the book. Paleo lunch box recipes are popular because they follow allergy free guidelines. Substitute options for traditional foods such as flour, milk, nuts and eggs are all discussed. We know that food is vital to our health and our children s mental and physical well-being. Too few children are enthusiastic about eating healthy foods when it comes to the school lunchbox. However, This will help our children maintain their metabolism, and their energy levels, hence being able to concentrate and have more fun during the day. My stealth method is revealed and works wonders in many of the lunch box recipes! During the rapid growth period from about the age is of 5 to 12, we need to support children s growth, especially with calcium, iron and protein. So encouraging good eating habits early on can have a significant beneficial effect on their general health and...

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