



The Paleo Kid Lunch Box: 27 Kid-Approved Recipes That Make Lunchtime A Breeze (Primal Gluten Free Kids Cookbook)

Kate Evans Scott

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"Are You Ready For Easy-To-Prepare Gluten Free, Grain Free Delicious Paleo Lunch Recipes That Your Kids Will Love and Actually Eat?"

An Allergy-free, Whole Foods Cookbook Designed by a Mom for Health Conscious and Food Sensitive Parents and Children.

This book will transform your child's lunchtime experience at home and at school for the better by providing you with real whole food lunch box recipes, ones that will fulfill their cravings while leaving out all the processed fillers. **'The Paleo Kid Lunch Box'** is packed with mouthwatering recipes that will boost your child's brainpower, increase energy, and strengthen the immune system. With recipes so simple and tasty, your kids will enjoy making them with you, as much as eating them. Designed with the busy family in mind, the recipes included in this must-have Paleo guide are easy to prepare even on the most chaotic of mornings.

All of the recipes are **Authentically Paleo** and include step by step instructions and estimated prep times. **'The Paleo Kid Lunch Box'** makes eating healthy a fun and simple process with all **27 kid-tested recipes** that guarantee that your child will be the envy of the cafeteria. These lunchtime creations are full of comfort foods that nourish, satisfy cravings, and leave their bellies happier and healthier. This book will steer your child toward protein rich meats, vegetables, fruits, nuts and healthy fats while avoiding potential allergens like gluten, grains, dairy, and legumes. **'The Paleo Kid Lunch Box'** is perfect for an allergy free diet. *Allergy free diets have been proven to be helpful for children suffering from autism, ADHD, and asthma.*

This Gluten Free, Kid Friendly cookbook contains:

27 delicious recipes for lunch, beverages, and snacks

Step-by-step instructions on how to prepare really tasty quick foods that even the busiest families will love.

Tips on how to make the transition to a Paleo diet easier for little palates.

Suggestions for Kitchen tools to make lunchtime preparation easy and fun.

Recipes that are nourishing and completely free from common allergens such as gluten, dairy, grains, preservatives, dyes, soy and processed sugar.

Budget friendly options so you can eat well without breaking the bank.

Some of the delicious recipes included are:

— Coconut-Cashew Bread — *Maple-Cinnamon Granola* — Apricot Bars — *Chia Pudding* — Turkey Club

Sandwich — *Before School Chili* — Strawberry Milkand more!

Can't wait to dig in....

Scroll to the top of the page to get your copy now and make cooking time - fun time for the whole family!

About The Author

Kate Evans Scott is a stay at home mum to a preschooler and a toddler. In her former life she worked in Graphic Design and Publishing, which she now draws from to create inspiring books for young children and their parents.

Her passion for writing began with her preschooler who is an encyclopedia of all things animal, vegetable and mineral. With a deep inspiration to create books to satisfy his desire to learn, and his love of food, Kids Love Press was born.

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