



Real Food Kids

By LOMAS JESS

Paperback. Book Condition: New. Not Signed; Description: There are many pressures that come with being a parent, including what to feed your children. Today we are more aware of what we should be eating less of, but perhaps still in the dark about what we should be feeding our children more of. When you remove packaged and processed food from your family's diet, what do you replace it with? What do you fill your child's school lunch box with? What do you serve for breakfast to give them the best start to the day? In Real Food Kids you'll discover simple yet crowd-pleasing ideas to give each meal of the day the Real Food spin, packing your child's plate with nutritious, wholesome food to help them grow. From breakfast to drinks, treats and even a garden-themed party, Real Food Kids is a handy kitchen-companion to help make life tasty and healthy. book.

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