



**Amazing Paleo Diet Recipes Designed for Kids:  
Over 60 Paleo Recipes Your Child Will Love!  
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*Shae Harper*

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# Amazing Paleo Diet Recipes Designed for Kids: Over 60 Paleo Recipes Your Child Will Love! (gluten free, grain free, sugar free, dairy free)

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Getting your kids to eat healthy food can be a challenge, especially if you have picky eaters. A healthy diet is incredibly important for growing children because their bodies need certain nutrients in order to grow properly. Many western diets are centred on processed foods, refined sugar and other unhealthy ingredients – these diets are not ideal for growing children. The Paleo diet, on the other hand, is a great option. This diet is based on the diet of our Paleolithic ancestors and it is the type of diet our bodies were designed for. The Paleo diet is centred on whole, nutritious foods that will provide your children with the nutrients their growing bodies need. Free from processed foods, refined sugars and bleached flour, the Paleo diet will help your child achieve a healthy lifestyle early on so they will be more likely to continue practicing healthy eating habits throughout their lives. Because the Paleo diet is free from grains, dairy, sugar and processed foods, everything your children eat on this diet will be healthy. These recipes are designed to be kid-friendly, which means that they are easy enough for your child to help you make. Children love to help out in the kitchen and when they have helped to make a recipe it is so much easier to get them to eat it!

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