



Clean Eating with Kids: A Real Family's Guide on How to Eat Clean with Kids, Work, School and just ... Real life.

Carey Wood

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This Clean Eating with Kids Guide was built in the trenches of my kitchen. It contains all the meals that I prepare regularly for my family. Odds are, if you were to stop by my house round dinner time – you would find one of these recipes on the table.

This book started its life as a well worn notebook on our kitchen bench top. It's packed full of tips and tricks on how to get your family eating clean, whole foods PLUS it includes over 60 Kid Friendly, Clean Eating Recipes than even your fussiest child will eat and love.

- * Over 60 Kid Friendly Clean Eating Recipes for Breakfast, Lunch, School Lunches, Snacks, Treats, Dips, Vegetable Sides and Dinners.
- * Clean versions of your Child's favourite Fast Food Take out
- * 65 clean grocery items to stock your fridge, pantry and freezer
- * The 6 Biggest problems we encountered when eating clean with 4 kids
- * Food that you should ALWAYS buy Organic
- * Eating Clean on a Budget - How to eat clean when you are broke
- * How to Get your kids to eat their Vegetables without a fuss.

If our family can eat Clean with four kids, then so can yours!



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