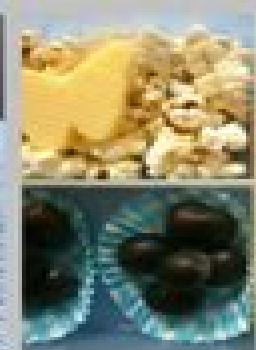




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back your peace of mind with meals that you can prepare together In 2015 13.7 million children were obese This number is only on the rise and it isn't just because of all the processed foods out there Many children grow up with no understanding of how the foods they eat affect their body and they find themselves lost when they have to take things into their own hands Eva Ilina has compiled not only delicious recipes that your kids will love but she has also proven ways you can start the nutrition discussion and enable them to take an active role in their health In Mediterranean Kids Lunch Break you will discover 45 simple easy to prepare delicious recipes to start the day off strong and keep that momentum going Why it's so important to talk with your kids about food openly and honestly and the danger of labeling foods as good or bad The not so secret reason why the Mediterranean diet is associated with longer life healthier hearts and clearer minds How small changes to snacking habits can create a big impact over the course of a lifetime Exactly what you'll need to keep a pantry that enables you and your family to make healthy eating easy and painless Various ways to get your child involved in the cooking process with specific pointers for different age groups Why you don't need to give up ice cream pasta or burgers to adopt a healthy diet How to make the transition to a balanced wholefood based diet when your kids are already used to their favorite foods And much more Changing your child's eating habits for the better doesn't have to mean spending hours poring through recipe books and trying to figure out whether those organic snacks are actually good for them You can lay the groundwork for a healthy attitude towards food without lectures or rigid meal plans If you're ready to unlock the secrets of the Mediterranean diet for your child and put them on a path to better health then scroll up and click the Add to Cart button right now

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