

# Eat Like a Dinosaur

Recipe & guidebook for gluten-free kids



Foreword by [Eliza Scamman](#), of [Eliza's Place](#)  
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-Story Illustrated by Amanda Gates

Over  
100  
kid-approved  
recipes &  
projects  
free of grains,  
dairy & legumes

Paleo Parents and  
Eat Like a Dinosaur: Recipe & Guidebook for Gluten-free Kids



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Avoid being fooled by the ever-increasing level of processed gluten-free goodies on your supermarket shelf! Allow Matt and Stacy, the Paleo Parents, demonstrate steps to make the transformation in your family's life. It could be overwhelming when thinking about where to begin, but with tasty kid-approved recipes, lunch boxes and tasks that will steer your son or daughter toward meats, vegetables, fruits, nuts and healthy fats, Eat Just like a Dinosaur can help you get this to positive shift. With an illustrated children's story describing the paleo diet, and colorful, mouthwatering photographs of recipes without grains, dairy, soy and refined sugar, this reserve is written for children. For those with food allergy symptoms, the very best 8 allergens have already been visually marked on each recipe for kids to self-identify recipes that could contain eggs, nuts, fish, or shellfish. Eat Like a Dinosaur will inspire your complete family to shop for new ingredients and get into your kitchen jointly. this book simply provides healthier methods to give kids the foods they love. Parents needn't panic! In an environment of mass manufactured food products, getting back to essentials and cooking real food with and for your kids is the most significant thing that can be done for your family's health insurance and well-being. With positivity, practicality and an appreciation for the fact that actually the healthiest children sometimes want cupcakes and chicken nuggets— Details on the tools and products your loved ones needs to get started have been provided, and also an assortment of ideas to help you along the way.



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The thought of consuming what he believed was gross just made him cry. Our girl enjoyed it. Fun publication. It describes useful tools that I nearly deem essential today and what they term "funny ingredients". My 5 year old loved the dinosaur story and she was instantly motivated to eat that way. My 7 yr old was terrified because of it but he has a strong food aversion disorder. Great resource but watch the glucose! Actually, the truth that I am previous and have raised four children in as healthy a way of life as I understood how - organic, homemade, low or no sugar - is a superb recommendation for this book. They did not turn out just like the picture at all. As an extremely visual child, he was furious and wouldn't try them. Our kid became malnourished from his refusal to eat some time ago and as much as everyone lets you know that they can eat everything you feed them, that's not generally the case. I intend to try it again and then see how I can adapt it to make it less runny. Great kid friendly recipes. You can find over 100 reviews here which will tell you the wonderful parts with this book so I don't wish to repeat all of them. In which case you can find better cookbooks in this category. Love the recipes. This book had help with the transition to Paleo as my husband is the picky eater of the family. There were two parts of this book that I did so not like. This is for adults attempting to cook for their kids. I don't necessarily agree with this approach for kids age 4+ who're going through a picky stage already. I found them tasty but they certainly weren't like the picture. Criticism aside, this family is truly amazing within their transformation. My additional two kids are transitioning nicely. I feel it is better to empower the child to make the best choice. Although it is true there are several dishes with sugar (11 of the 28 treats), some of them could be adapted or rethought to use no sugar. Now if you already have good eaters, you can probably transition over night with out a problem but I simply wanted to point out that it's not the best approach for everyone. My second issue with this book is that it is a Paleo family and although the book is not exclusively a Paleo only book, I expected all of the recipes to be Paleo. Sugar isn't Paleo at all. I was shocked to observe how many of these recipes had sugar, some actually up to cup. The back chapter on going in to the world and finding food and tools for greatly reduced prices is great (even though I know the majority of it because I am old and also have raised 4 children). There are plenty of ways to sweeten treats without glucose. but the kids seemed happy. Our child enjoyed it, but it lacked the fun looking yet easy recipes kids love. Although my son can be an extreme exception, I know there are other children out there like him. They talk about more than just meals in this reserve. Going Paleo is normally a lifestyle change, not really a diet switch. I highly recommend adding this publication to your library of Paleo books but steer clear of the recipes with sugar. "Idea we were healthy" My family and we ate the proper things or so we thought. Wholegrains, brown rice, meats, vegetables, fruits, and Friday night pizza of course! Even our close friends would arrive for a go to and say we generally had healthy snacks. But something wasn't right, we were all tired, hungry, and had low energy. My son loves to cook and loves reading cookbooks, but was constantly discouraged because he could under no circumstances eat any of the recipes in the children's cookbooks. How could this be? He simply downed 6-8 mini pancakes and a glass of skim milk. Then I started reading/researching healthy eating for families. Kids I especially wanted to read about their nourishment and it had been at this time I came across Paleo and Eat Like A Dinosaur. We quickly washed our pantry, fridge, and freezer of ALL processed foods. I explained to my four year old what we were doing and we visited the marketplace and ordered our copy of ELaD. Today we are 3-4 months into Paleo and we've never felt better. We reference this reserve daily and my four season old is excited to pick-out dishes to help create. Wonderful Kids Cookbook for Children with Allergies This

recipe book is the foremost! Easy to read with your kids or keep these things read. Good transitional book, snacky Let me begin by saying our household isn't strictly Paleo. I cannot eat sandwiches and, although my husband will not give up bread, I don't like producing him sandwiches for lunch despite having seedy organic loaf of bread. The transitional facet of this cookbook is, for me, its strength. It really is hard to stop treats and snacks and hard for a few of us to create new tips or remake our outdated favorites. Sometimes we need a little boost to get our imagination going for things like lunches or dinners with veggie substitutes to carb-complete comfort foods.. We nevertheless, cannot possess eggs. Our gluten and dairy allergy symptoms and intolerance of legumes and grains led me to paleo. We were in fact eating virtually paleo without understanding about it. My hubby was the main resistor because he doesn't want to trouble with watching his diet abroad. He loves consuming paleo in the home (if he isn't cooking food), but he misses his dairy and treats every once in awhile. Given the choice and understanding the consequence (tummy ache) of a poor choice often makes transitioning less of a battle. I tweak recipes constantly, sometimes I need a framework to begin with. Also, 11 of 28? Recipes are easy and delicious. The index is one of the most important elements of a cookbook. The authors' note at the start of the chapter on treats is important to reiterate here: "What we prefer to do in our house is call a dessert a "special treat". It's not something we have each day, so when we do, we consume a small amount and enjoy how delicious it tastes. In a time when many recipes are searched for online, this publication is well worth the cost... No matter what sort of ingredients you utilize, something sweet could have glucose in it, and even natural sugars could make your body behave a little funny. ..There are a lot of recipes using eggs, many eggs, which is very paleo, it isn't a problem for some. So use the big human mind you have to save you and choose your special treats for special occasions!. We also don't have small children. I like the organization of the book, although it took some getting used to. There are plenty of useful lists, a half a chapter focused on kitchen equipment and "paleo food", recipes that are creative ideas rather than strict instructions (Popular Pot pg. 254) and a conversation on transitioning into a healthful eating lifestyle. That means you can find 17 creative treat quality recipes using honey, dates, maple syrup or whole fruit because the sweetener. You can have great dishes, but if you have to turn through the whole book to find them it is a useless tool. Have not had the opportunity to try any recpies yet however I do recall that lots of of the recpies are sweetened, and a lot used dates. Sugar will make you crave more sugar and leads to a host of learning complications for children. He did pick the Anytime Cookies recipe therefore we made that one first. I've been presently there and performed that and Stacy and Matt are performing a great job. Even coconut palm glucose is a much better option than granulated sugars. It was a gift, but the children seemed happy. The authors consist of helpful allergen information. This book is a wonderful resource for transitioning the complete family to a Paleo lifestyle. Sugar no more exists inside our home and I'd hope that this Paleo family will ultimately make that part of their diet. Initial, they recommend transitioning your kids quickly." I also appreciate the lunch ideas. Read Cole's story in the reserve and discuss how processed food, grains and legumes make your child ill. Since this is a review, Personally i think the need to become honest with some criticism. C'mon! Readable and follow quality recipes for kids and parents! My favorite recipe in here is the waffles and I think as time passes my kids should those as well. Certainly you will love this book and live better after practicing these ways to healthy living with your family. Personally, i love that the recipes aren't labeled breakfast, lunch time, or supper because we as a family tend to eat " breakfast foods" for supper and vice versa. (why is this bad, how come

this sugars tupe of sugar good ... ELaD has a excellent index. The story that explains why the kids ate different foods was cute, but my kids had been still a bit puzzled. However mine certainly are a bit older then the Authors, therefore keeping the story simple worked well for them, mine simply had more questions, (how come this bad, why is this sugars tupe of sugar good but that one is poor etc.), (oldest is nearly 9, youngest 3, she had no questions, simply agreed with the older kids.) I believe I would get this book again, as they did have good advice and recpies thar seem like they might work. (Predicated on ingredients and knowing what foodsy children will or will not like.) Just looking for a date tree now! Photos are pretty poor. Recipes are ok. Photos are pretty poor. There are a few, but we cope with allergy symptoms to nuts and eggs, plus they are used seriously in this book, so I probably won't be deploying it much, if. Heavy on the eggs I bought this, taking a chance there will be some recipes I possibly could try. The children's story in this publication was helpful in explaining our fresh lifestyle and we've also read it to some of our close friends children. All the quality recipes are yummy rather than complicated to make. Fun publication. My four year outdated boy ate breakfast and within a half hour was telling me he was still starving. From this one, he is able to. . My daughter says "Eat Just like a Dinosaur is a good name".



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