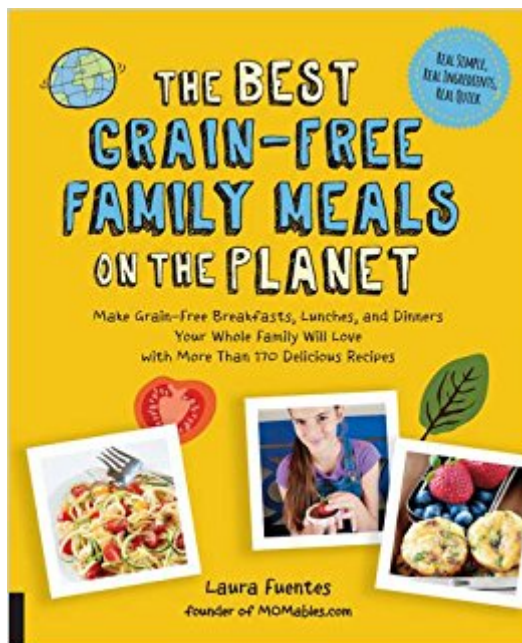


The book was found

The Best Grain-Free Family Meals On The Planet: Make Grain-Free Breakfasts, Lunches, And Dinners Your Whole Family Will Love With More Than 170 Delicious Recipes (Best On The Planet)



Synopsis

Cook One Meal for the Whole Family! Are you looking for healthy, grain-free meals that your entire family will love? Meals made with wholesome, easy-to-find ingredients that are easy to make? With the recipes in this book, you'll know you're cooking kid-approved, nutritious meals! The Best Grain-Free Family Meals on the Planet is full of simple, creative recipes for the entire family. Written by author and grain-free mama Laura Fuentes, you'll find more than 170 recipes for delicious, healthy, allergy-free meals that can satisfy big and little appetites alike. Here are just a few of the recipes you'll find inside: -Grain-Free Breakfast Cookies-Sweet Potato Morning Scramble-Veggie Falafels-Honey Chicken Lettuce Cups-Pizza Mini Quiches-Raspberry-Glazed BBQ Ribs-Coconut Shrimp with Tropical Rice-Parmesan-Green Bean Fries-Cherry Cobbler-Coconut-Brownie Bites Whether you're Paleo, primal, grain-free, gluten-free, dairy-free, nut-free, or just want to try something new, you'll find endless ways to create simple, delicious meals with The Best Grain-Free Family Meals on the Planet.

Book Information

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Customer Reviews

"If you have a family member who can't eat grains, this book is the answer to your kitchen prayers! The simple, flavor-packed, and healthful recipes from meal and snack goddess Laura Fuentes will leave you - and your children - feeling indulged, not deprived!" - Aviva Goldfarb, family dinner expert and author of The Six O'Clock Scramble "Laura Fuentes truly has a gift for transforming any recipe

into a grain-free recipe, without sacrificing taste. With this cookbook, she gives families the tools to succeed at eating grain-free. Whether you are dealing with a food allergy or just need more healthy recipes, this is the book for you!" - Monica Bravo, founder of bravoforpaleo.com

Laura Fuentes is the founder and CEO of MOMables.com., where she helps thousands of parents every day make meals and snacks their kids will love. She is the author of *Â The Best Homemade Kids' Lunches on the Planet*, *Â The Best Homemade Kids' Snacks on the Planet*, and *Â The Best Grain-Free Family Meals on the Planet*.
Â Laura is a speaker, recipe developer, and lover of all things mom. She partners with major real food brands to promote healthy school lunches, reduce childhood obesity, and teach healthy family eating. In her personal blog, Laura writes about motherhood, good family food, managing deadlines, and keeping her cool, even when her kids super-glued her hair. Visit her at www.LauraFuentes.com and www.momables.com.

My wife ordered this book and we LOVE it! She had the little ones each pick out a recipe the first week she had it and made the Mini Pizza Quiches and also the Lettuce Wraps. I really like how easy both of these recipes were and the kids loved the Mini Pizza Quiches for their lunch. I will have them each pick a recipe or 2 to help prepare each week. Love that the recipes are grain, dairy, nut free and options, etc. I have both of the other cookbooks also and love all 3. Thank you for another great cookbook and easy recipes the whole family can enjoy! - Marion

Has great recipes and can't wait to try them out on my daughter and grandson. He is a picky eater, but seems to really like the healthier food at dinner. Going to look for more "fake-junk" snacks. He complains his friends get chips and he gets fruit. :) So will see what I can find to brighten him up a bit. They are such great selections for meals, I can't wait to look at the rest!

My favorite recipe book, along with Wellness Mama's new cookbook. My entire family is loving the meals I have prepared from here. They are oh so easy, practical, and delicious! The Teriyaki Chicken and Drop Biscuits are especially big hits with us. I highly recommend. Thank you, Laura!

I am a long time follower of Momables and this is a true family friendly grain free cookbook

This has brought variety to our menu! The recipes are simple, quick, and delicious. We can all eat these meals together no matter what the allergy! Thanks Laura for a great cookbook!

I have found this cookbook very helpful. There are a variety of foods and ingredients, and the recipes are simple enough for my youngest (3) to help.

I love this cookbook!! I have made several recipes from this cookbook and my family loves all of them!!

Love, love, love this book and recipes!! Great tips for making recipes non dairy as well, also nut free. Highly recommend.

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Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) The Everything Whole Grain, High Fiber Cookbook: Delicious, heart-healthy snacks and meals the whole family will love The Everything Whole Grain, High Fiber Cookbook: Delicious, heart-healthy snacks and meals the whole family will love (Everything®) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Freezer Meals: 365 Days of Quick & Easy, Make-Ahead Meals For Busy Families (Freezer Recipes, Freezer Cooking, Dump Dinners, Make Ahead, Slow Cooker) The VB6 Cookbook: More than 350 Recipes for Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at Night The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, Starch-Free ... Paleo, Primal, or Ketogenic Lifestyle

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