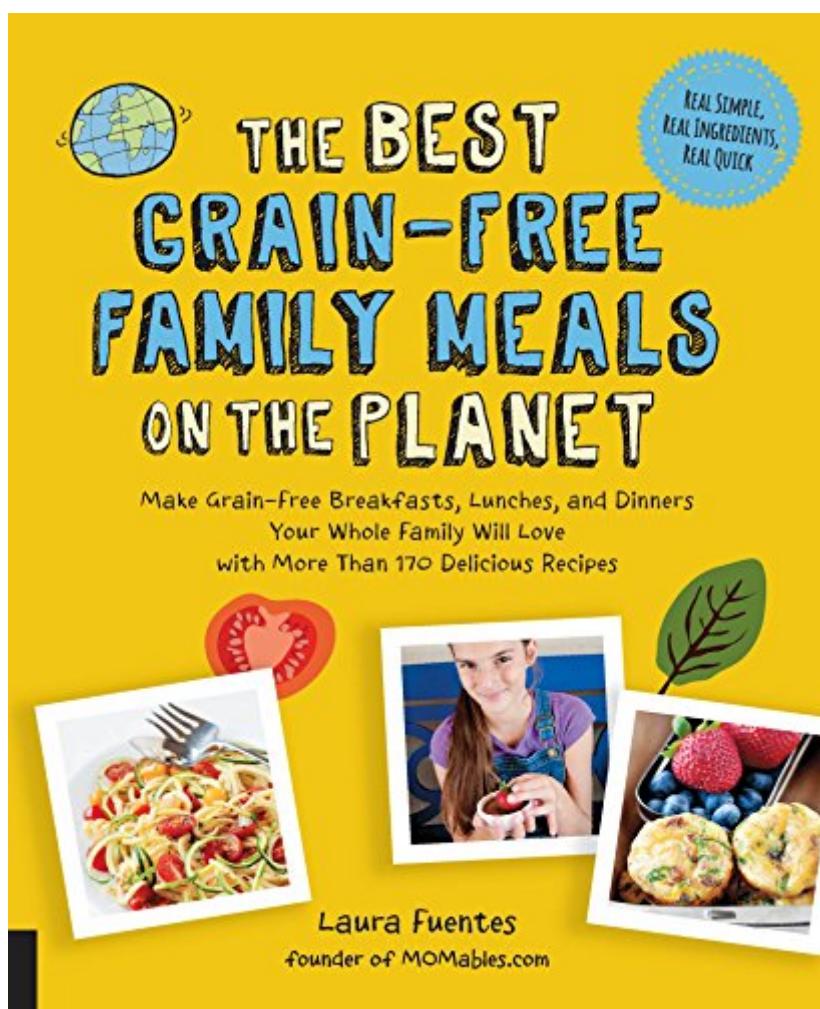


The book was found

# 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





## **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**

File Size: 32012 KB

Print Length: 240 pages

Publisher: Fair Winds Press (June 5, 2016)

Publication Date: June 5, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01H15I36O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #452,854 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #100

in Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #108 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Food Allergies #318 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Gluten-Free

## **Customer Reviews**

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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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)  
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 CROCKPOT DUMP

MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) The Best Homemade Kids' Lunches on the Planet: Make Lunches Your Kids Will Love with More Than 200 Deliciously Nutritious Meal Ideas (Best on the Planet) Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump Dinners Cookbook,Quick Easy Meals) The Book of Whole Meals: A Seasonal Guide to Assembling Balanced Vegetarian Breakfasts, Lunches and Dinners The Paleo Diet Cookbook: More Than 150 Recipes for Paleo Breakfasts, Lunches, Dinners, Snacks, and Beverages Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) The Best Homemade Kids' Lunches on the Planet: Make Lunches Your Kids Will Love with Over 200 Deliciously Nutritious Lunchbox Ideas - Real Simple, Real Ingredients, Real Quick! Whole Food: The 30 Day Whole Food Challenge — Whole Foods Diet — Whole Foods Cookbook — Whole Foods Recipes (Whole Foods - Clean Eating) Paleo Lunches and Breakfasts On the Go: The Solution to Gluten-Free Eating All Day Long with Delicious, Easy and Portable Primal Meals Crock Pot: 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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