

[PDF] French Kids Eat Everything: How Our Family Moved To France, Cured Picky Eating, Banned Snacking, And Discovered 10 Simple Rules For Raising Happy, Healthy Eaters

Karen Le Billon - pdf download free book



Books Details:

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Author: Karen Le Billon

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Description:

French Kids Eat Everything is a wonderfully wry account of how Karen Le Billon was able to alter her children's deep-rooted, decidedly unhealthy North American eating habits while they were all living in France.

At once a memoir, a cookbook, a how-to handbook, and a delightful exploration of how the French manage to feed children without endless battles and struggles with pickiness, *French Kids Eat Everything* features recipes, practical tips, and ten easy-to-follow rules for raising happy and healthy young eaters—a sort of *French Women Don't Get Fat* meets *Food Rules*.

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