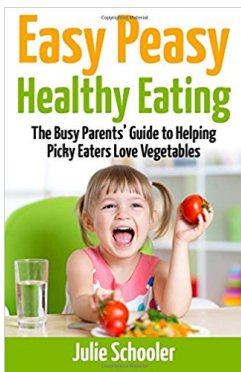
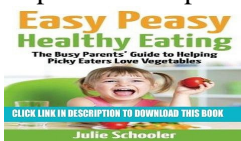


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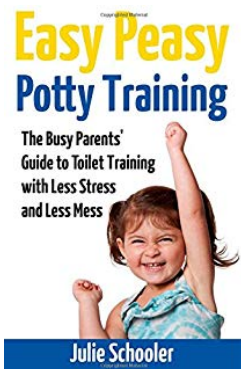
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EASY PEASY HEALTHY EATING

The Busy Parents' Guide to Helping Picky Eaters Love Vegetables

- Does your child love eating vegetables?
- Are mealtime battles a struggle to get nutritious food into your family?
- Do you have to beg, bribe or bully to get your picky eater to take even one bite of healthy food?

This book is filled with fun, easy ways to get your kids eating lots more vegetables every day – and love it.

Follow the short, chubbied-down chapters in Easy Peasy Healthy Eating to:

- find out how to encourage eating a wider variety of vegetables
- find some great ideas to hide vegetables in meals (yes, it's allowed!)
- create simple, nourishing and nutritious vegetable-filled recipes
- answer questions like whether to buy organic and how much to eat per day

This book has top tips for calmer, happier and healthier mealtimes.

I read the book in an afternoon and could put some things into practice that night (e.g. "the sacrificial vegetable").

— Amazon Review

Did you know that vegetables make you smarter, nicer and better looking? Love it... Funny and with a solid knowledge base.

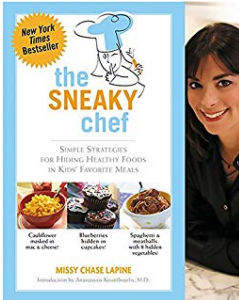
— Amazon Review

I was inspired to try some of the ideas straight away and my three year old has now eaten more vegetables this week.

— Amazon Review



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