

For new and busy parents:

Children's Healthy Menu and Recipe Guide



by Sylvia Steverson

ABOUT THIS BOOK

What *Children's Healthy Menu and Recipe Guide* Is About

As more and more children are overweight, suffer from adult diseases like diabetes or cardiovascular problems, it has become extremely important that we as parents feed them foods that are nutritious for them, and at the same time, teach them good and healthy eating habits.

I have created this book for all those parents who are trying to give their children healthy balanced meals without spending hours in the kitchen or spending a fortune on prepared meals from the grocery stores and restaurants.

Being a parent whether you are a stay-at-home mom/dad or a working parent is not easy, and you often find yourself in the dilemma: "*What shall I feed my children today?*" Most of us do not want to feed our children the same food over and over again. Our children also often reject the meal if it is too often placed in front of them, especially the healthier ones.

Moreover, many kids are picky eaters and to feed them is even a bigger challenge. However, for the proper brain and body developments it is essential that they are introduced a wide variety of foods and meals. This not only ensures them a healthy body, spirit and mind, but lays a strong foundation for healthy eating habits in later

life.

Using the Book

The *Children's Healthy Menu and Recipe Guide* book is set up in a daily - weekly menu format so one can easily just follow a schedule without having to read all the recipes and having to decide what to make for breakfast, lunch and dinner. Of course, feel free to mix and match and create your own menu from the selections or add your own ideas. Most pages will have a lot of unprinted area left on them for this purpose. This book supposed to be just a guideline for the period when we are all too busy to think further then the moment.

The Ingredients You Will Need

At the beginning of every day, there is a list of ingredients you will need for that day. This list is not inclusive. Again, feel free to add to it, or take away from as you feel it necessary. However, at the beginning it is recommended to follow the guideline as is, so a routine is established, and you and your child get accustomed to semi-home cooked meals.

At the end of the book you will find a general Grocery List that should help you buy the ingredients; many of them you may already have in