

# From Mac Cheese to Veggies Please: The Ultimate Guide to Raising Healthy, Happy Veggie-Loving Kids

Are you tired of mealtime battles with your kids? Do you wish they would just eat their vegetables? If so, then this book is for you.



**From Mac & Cheese to Veggies, Please: How to get your kid to eat new foods, end picky eating forever, and stay sane in the process** by Jennifer Scribner

★★★★☆ 4.2 out of 5

Language : English  
File size : 1776 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 88 pages  
Lending : Enabled



From Mac Cheese to Veggies Please is the ultimate guide to raising healthy, happy veggie-loving kids. Written by a registered dietitian and mom of three, this book is packed with practical tips, easy recipes, and expert advice on how to get your kids to eat their fruits and vegetables.

In this book, you will learn:

- Why it's so important for kids to eat their vegetables

- How to overcome common picky eating challenges
- How to make healthy eating fun for the whole family
- Over 50 kid-approved recipes for breakfast, lunch, dinner, and snacks

With *From Mac Cheese to Veggies Please*, you can finally put an end to mealtime battles and raise healthy, happy veggie-loving kids.

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**What people are saying about *From Mac Cheese to Veggies Please***



***" "This book is a lifesaver! My kids used to hate vegetables, but now they love them. Thanks to *From Mac Cheese to Veggies Please*, I finally have peace at mealtimes."***

***- Jessica, mom of two "***



***" "I'm a registered dietitian and I highly recommend this book to parents. It's full of practical tips and delicious recipes that will help you raise healthy, happy veggie-loving kids."***

***- Sarah, registered dietitian "***

**About the author**

**Jennifer Rose, RD** is a registered dietitian and mom of three. She is passionate about helping families raise healthy, happy veggie-loving kids.

Jennifer has been featured in numerous media outlets, including Today, Good Morning America, and The New York Times.

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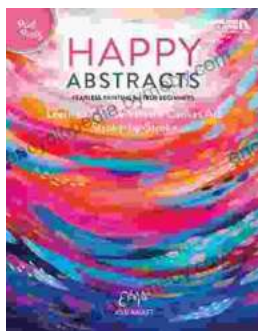
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