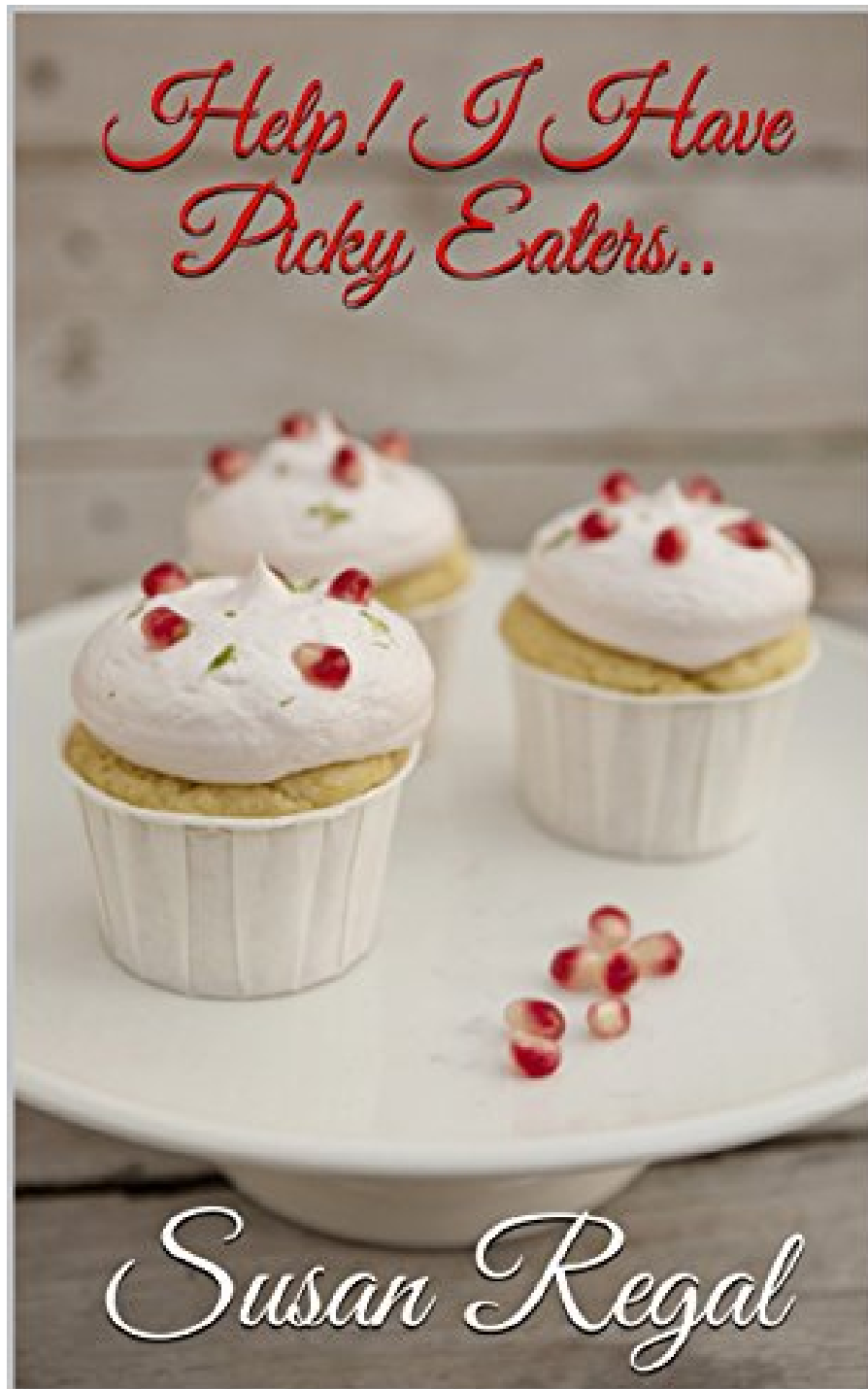


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SIMPLE COOKBOOK: BEGINNERS GUIDE FOR PICKY EATERS BY SUSAN REGAL PDF

My name is Susan Regal and over the last 10 years I have compiled my families favorite recipes that they all truly enjoyed. I found that many families like mine have a hard time coming to agreements on what to have for dinner so my hopes is that this cookbook will help your family, like mine, come to agreement on what to have to eat.

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- Published on: 2015-12-12
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- Format: Kindle eBook

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0 of 0 people found the following review helpful.

Picky eater cookbook by Susan Regal

By Tammie carey

I love finding new cook books. It's always neat to see another person's spin that I wouldn't think of. I don't have picky eaters in my family but there are a lot of kids. Ms Regal shows you how to make things kids enjoy. But the bonus is grownups like them too. A not be only does she give you recipes but she teaches you some good tips. You'll also learn how to make food visually appealing to the picky eater. Foods that will intrigue them to try. She has recipes not only for entrees (like the wrap) but desserts (cupcakes) to a snack. Her banana but parfait is so good that we all likes it. Most of the recipes have items that you can substitute an ingredient like the wrap. That's why I didn't call it a specific name. All the recipes I've tried so far were likes enough that there was no leftovers. That's all you could ask for. It's so easy to cook these foods and implement her tips and tricks. I can't see any person not liking them. Truly. I received this product at a discount in exchange for my honest review

0 of 0 people found the following review helpful.

Great book, full of wonderful recipes

By M.B

This book was a godsend to me, I have 3 kids who are so picky and its so hard to get them to eat the things they need to be eating. I saw this book and knew I had to read it. It has helped me come up with better, more healthy foods for them to eat, and they actually like them. No more begging them to eat healthy foods, and eat more fruits and veggies when i can just in cooperate them into the meals and desserts I make. This book doesn't just have recipes for kids, They are recipes the whole family will love. What a great informative book, packed full with great recipes.

0 of 0 people found the following review helpful.

great! coming from a picky eater herself!

By jen wroniak

My mom and I are always looking for new cook books let alone im the pickiest eater going. But the first few recepies actually look really good, defiantly a good buy! My mom is just glad to finally have a cook book

with recepies that im willing to try. Its a good cook book even if you dont have a picky eater honestly. Also love the cuteness of the cover! Give it a try its defiantly worth it for sure!!

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