

FREE REPORT
Quick and Healthy Food Ideas for You (and your kids too)

By Jenn Edden, CHHC

Founder: www.jecoaching.com

Thank you for taking the time to read this free report on Smart Food Ideas for Babies and Kids too.

Is this YOU?

You're a mom. You're super busy. Yet despite your hectic schedule you have the best intentions to feed your kids (and yourself) healthy, nutritious foods every day.

You have your mind set on not overdoing it today but it never seems to work according to plan.

Let me begin by saying "You're doing a great job". There was no "How To" Manual handed to us when we became moms . Out came baby and "wham" we were expected (or put the expectations on ourselves" to be the perfect multitasker.

As a holistic nutrition coach for many years prior to becoming mom, I found it somewhat easy to transition my baby from breastmilk to solid foods.

I've come to realize it's because of my ability to quickly categorize healthy menu ideas in my mind...all those years of studying about food can do that to you (as well as developed a mean appetite to eat!!)

Supporting you,

Jenn

www.jecoaching.com
jenn@jecoaching.com

Legal note:

The suggestions within *this free report* are not meant to be taken as medical advice. Consulting with your child's pediatrician is advisable before undertaking any food or diet modification especially with babies under 1 year old. Any medical question, general or specific, should be addressed by a qualified health professional. I offer this health information to help you cooperate with your child's pediatrician or other health practitioner in your mutual quest for a better life for your child. Any application of the recommendations set forth or implied is at the reader's discretion and sole risk

Quick and Healthy Food Ideas for You (and your kids)!

Grains

Brown Rice
Oatmeal
Barley
Quinoa

Veggies

Green:
Kale
Spinach
Broccoli
Peas
Asparagus
Green beans
Zucchini

Yellow/Orange:

Squash
Sweet potato
Carrots
Parsnips
Red potatoes

Fruit

Bananas
Mango
Grapes
Apples

Protein

Lentils
Quinoa
Beans
Eggs
Tofu
Eden brand rice and beans (in a can)
Hummus
Greek yogurt

Good Fats

Olive Oil
Avocado
Tahini
Almond Butter

Minerals

Seaweed (Kombu for rice and bean recipes, Hijiki for miso soup)

Sea salt in place of commonly used table salt

Super Snacks

Smashed beans with salt and hint of olive oil

Tofu with sesame oil

Sliced organic fruit

Sliced avocado

Sprouted grain bread with smear of almond butter and ground flax seed

Thanks for reading this free report.

Supporting you,

Jenn