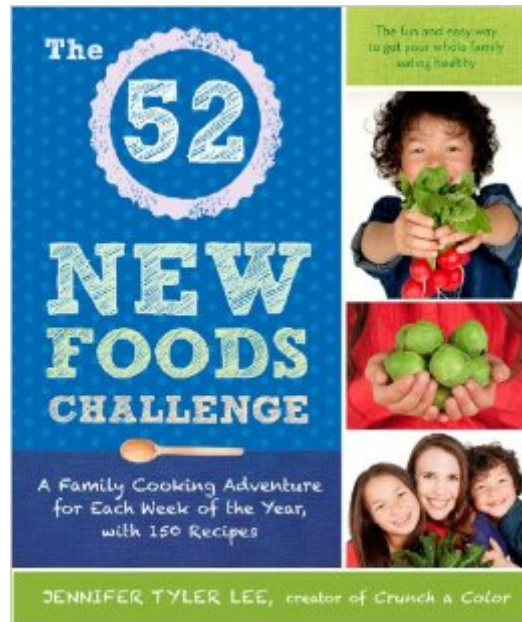


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# The 52 New Foods Challenge: A Family Cooking Adventure For Each Week Of The Year, With 150 Recipes



## Synopsis

Salvation for every busy parent who longs to make mealtimes relaxing, fun, and healthy, from the creator of *Crunch a Color*. Like many parents, Jennifer Tyler Lee struggled to get her kids to eat healthy, balanced meals. The answer, she discovered, was making it a game. "We'll try one new food each week," she told her kids. "You pick!" She called it the 52 New Foods Challenge. In this week-by-week guide, Lee gives parents practical tips to dramatically change the way their families eat. Her helpful advice and the simple rules that her family followed will show parents how to start eating healthy every week of the year. Each week offers a healthy new food to try, from artichokes to zucchini, and includes easy recipes and fun activities to work on as a family—from learning to cook together to enjoying the farmers' market to even experimenting with growing your own food. With more than 150 simple, healthy recipes and advice from nationally acclaimed nutrition experts, *The 52 New Foods Challenge* shows parents how to enjoy mealtimes, plant the seeds of change at their family table, and easily incorporate healthy habits every day of the year. Guaranteed to inspire a child's creativity and confidence in the kitchen and beyond, *The 52 New Foods Challenge* is the perfect companion for any busy parent who wants to stop stressing over mealtime and find a creative, playful solution to make this family ritual relaxing and fun.

## Book Information

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## Customer Reviews

As a busy mom, I'm always looking for ways to get my kids involved in making their lunches and trying new foods. Enter Jennifer Tyler Lee's great new book, *The 52 New Foods Challenge*. My kids love pumpkin bread--and pumpkin carving-- but it never occurred to me that we could make our own

pumpkin puree to make our favorite pumpkin bread. Jennifer's recipe for pumpkin puree (p. 90) led to a great kitchen adventure. My kids jumped right in, scooping out the seeds with a melon baller and taking turns pureeing the cooked pumpkin in the food mill. The recipes were easy for the kids to follow, and they were able to do many of the steps on their own. We loved baking the seeds for our lunchbox snacks and could hardly wait to gobble down the pumpkin bread (p 92). The kids were proud of their cooking, plus I had enough leftovers to put in their lunches all week!

Let me first say that I'm the author's husband, so of course I'm going to write a positive review – "you can imagine the conversation at home tonight if I were to give the book only 4 stars! But I'm also a dad who's responsible for putting good food into my kids' tummies several times a week. With busy schedules and an abundance of packaged options, it's hard enough to get a healthy meal on the table, let alone instill in kids the good judgment they need to make healthy lifelong choices. That's where this book comes to the rescue. Yes, I've read it cover-to-cover and YES, it works! The 52 New Foods Challenge is the story of the journey we took as a family – to try a new food each week for a year. I was skeptical at first and not always the best sport along the way, but the simple idea of making it a game helped transform the way our family eats. We now know where our food comes from, have fun cooking it together, and relish in the adventure of discovering new foods. Mealtimes are a lot more fun when you are not trying to force your kids to eat healthy food, but when they are making those choices themselves. The 52 New Foods Challenge is not a cookbook, nor is it a health guide. Your kids will not magically stop eating Doritos or start demanding kale smoothies for breakfast. You can bite off the whole thing or just nibble at a few pieces. At its most modest, the book can give you some quick and surprisingly effective tips for how to engage your kids in healthy eating (our food-fussy daughter now craves roasted cauliflower and okra!). At its fullest, 52 New Foods can instill in your kids a solid foundation for making healthy lifelong choices. The book has changed our kids' relationship to food in a fun and positive way. I'm super proud of Jennifer for having written the book and I hope it will make a difference for your family too.

What busy parents need is a simple plan to take the stress out of family dinners and get our families to cook and eat real food. Jennifer Tyler Lee delivers. This is the book you've been waiting for. Who knew the kids would go crazy for brussels sprouts? Last night, they helped with the "Sautéed Brussels Sprouts with Lemon and Walnuts," and gobbled them down. We should have doubled the recipe. Next up: Easy Oven Green Beans. Buy this book!

If I were ever going to write a cookbook, it would be a lot like this one. I spend my time coaching parents on how to teach their kids to eat a wider variety of foods, and I can tell you, this book is the real deal. It's got a doable plan "one new food each week" and starter recipes to get your creative cooking juices flowing. This is more of a "how-to" book than a cookbook: How to get kids used to the idea of trying familiar foods in new ways; How to create an engaging game that makes children eager to try new foods; How to help your children explore food with all their senses: sight, smell, touch, sound and taste; How to get your kids into the kitchen. You get my point. It's all in there. The recipes are easy and tasty. My family has a pretty diverse diet already, but this book put a little more spring in our step. The Brussels Sprouts Chips had my family fighting over who could eat the last few...they're that good. Investing in this book is investing in your kids' futures.

I remember desperately wishing my daughter came with an owner's manual when she arrived years ago. But alas, I have had to fumble my way through this crazy adventure called parenting without one. I have definitely learned a lot along the way, but usually I am cobbling together nuggets of advice from disparate sources trying to figure out which pieces feel right and fit with own kids' unique personalities. Every once in a while I have these "Eureka" moments where I feel like someone has figured it out for me and has handed me a blueprint I can follow precisely. When I read The 52 New Foods Challenge, I definitely had the feeling I had struck gold. Jennifer has spent the better part of the last four years on a mission to improve the way her own family eats and she has very graciously penned her findings for the benefit of parents everywhere. This book is an absolute gem! It's more of a playbook than a cookbook; Jennifer has figured out the secrets to inspiring change at the family table and making it fun! She is so positive and upbeat. No lectures, just fresh helpful advice and tips you can work into your routine, no matter how busy life gets. I truly think if every parent had a copy, we could not only end the battles over broccoli at the dinner table, but also, deal a serious blow to childhood type 2 diabetes, pediatric cancer and a host of other insidious illnesses. Leave it to a mom to take the bull by the horns! I know this book is destined for the best seller list and I will happily buy additional copies for friends and teachers on my holiday list. Thank you Jennifer Tyler Lee.

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