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Strategies For
Hiding Healthy
Foods In Kids
Favorite Meals
Missy Chase
Lapine

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Chef Missy Chase

Lapine: The Sneaky Chef

Missy Chase Lapine -

THE SNEAKY CHEF

Sneaky Chef Prepares

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The Sneaky Chef |

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~~Parents The Sneaky Chef~~

~~Missy Chase Lapine~~

~~Sneaky Chef Prepares~~

~~Holiday Recipes How to~~

~~make Pesto Pizza (the~~

~~sneaky chef variation)~~

~~Ep38 JOAN IFLAND~~

~~The Textbook on~~

~~Processed Food~~

~~Addiction How to Make~~

~~Missy Chase Lapine's~~

~~Red Blend, from~~

~~SNEAKY BLENDS~~

Ultragrain® Flour:

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~~Sneaky Chef~~ ~~3 EASY~~
~~steps to QUIT SUGAR |~~
~~How to Lose Weight by~~
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~~Box Makeover~~ Magician
Reveals 10 Best Poker
TELLS! - (Reading
People \u0026amp; Body
Language) What is it like
to have adult ADHD?
When and How Much to
Continuation Bet - Now
You Know How The
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~~5 Minute Ramadan Belly
Fat Burn Workout!~~

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~~"Furious" Cooking -
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~~Sugar, Dairy, And Gluten
To Manage Type 2~~

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Doomstacks

Keep Track of the
Numbers, Chef!

Jordan B. Peterson on 12

Rules for Life BEST

Chess Opening for Black:

Sicilian Defense: Basic

Strategy, Moves,

Variations, Ideas \u0026

Tricks Healthy Holiday

Gift Guide 2007 Health

Alert: Meet the Sneaky

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~~The Sneaky Chef Missy~~

~~Chase Lapine 3 Big~~

~~Mistakes Most Players~~

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~~4 Year Old Cooking~~

~~Show with Sneaky Chef~~

The Sneaky Chef Simple

Strategies

Missy Chase Lapine is the

creator of the Sneaky

Chef series of books,

including New York

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Times bestseller, *The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals*. The *Sneaky Chef* and *Sneaky Fitness* books have inspired not only families around the country, but have established a whole new healthy eating and lifestyle brand category.

The Sneaky Chef: Simple

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Strategies for Hiding
Healthy ...

The Sneaky Chef: Simple
Strategies for Hiding

Healthy Foods in Kids'
Favorite Meals - Kindle

edition by Lapine, Missy

Chase. Download it once
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features like bookmarks,

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highlighting while

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reading The Sneaky

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Foods in Kids' Favorite

Meals.

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The Sneaky Chef: Simple

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Healthy Foods in Kids'

Favorite Meals. by. Missy

Chase Lapine. 3.64 .

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ratings · 118 reviews.

Parents will do almost anything to get their kids to eat healthier, but unfortunately, they've found that begging, pleading, threatening, and bribing don't work.

The Sneaky Chef: Simple Strategies for Hiding Healthy ...

Page 13/71

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Find many great new & used options and get the best deals for The Sneaky Chef : Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals by Missy Chase Lapine (2007, Perfect) at the best online prices at eBay! Free shipping for many products!

The Sneaky Chef :
Simple Strategies for

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Hiding Healthy ...

Buy a cheap copy of The Sneaky Chef: Simple Strategies for... book by

Missy Chase Lapine.

Parents will do almost anything to get their kids to eat healthier, but

unfortunately, they ' ve

found that begging,

pleading, threatening,

and bribing don ' t

work.... Free shipping

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Chef Simple

The Sneaky Chef: Simple
Strategies for... book by
Missy ...

Dear Sneaky Visitor, I
am so excited to share
my new web site with
you. Our family of
sneaky chefs has grown
over the last year since
the publishing of my first
book, The Sneaky Chef:
Simple Strategies for
Hiding Healthy Foods in

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Kid 's Favorite Meals,
and so, too, has the need
for more information ...

Continue reading "New
Website"

Favorite Meals
New Website - The
Sneaky Chef

Missy Chase Lapine,
author of 'The Sneaky
Chef: Simple Strategies
for Hiding Healthy
Foods in Kids' Favorite
Meals,' has infiltrated

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kitchen operations at
Morgan Stanley
Children's Hospital of
New York-Presbyterian.
(Dec. 5, 2007)

Favorite Meals

Sneaky Chef infiltrates
Morgan Stanley

Children's Hospital ...

with Missy Chase Lapine,
The Sneaky Chef!

Former publisher of
Eating Well magazine
Creator of the Sneaky

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Chef book series (The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals)

Member of Parenting Magazine 's team of experts, the " Mom Squad "

Cooking instructor at New York ' s finest culinary schools

cooking with greens

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The Sneaky Chef: Simple Strategies for Hiding Healthy ...

The sneaky chef : simple strategies for hiding healthy foods in kids' favorite meals. [Missy Chase Lapine] -- Tips and tricks for how to get children to eat nutritious foods are followed by

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recipes for healthy and
tasty snacks, meals, and
desserts that kids will love
to eat.

Foods In Kids

The sneaky chef : simple
strategies for hiding
healthy ...

The Sneaky Chef

Summary The Sneaky
Chef: Simple Strategies
for Hiding Healthy
Foods in Kids' Favorite
Meals by Missy Lapine

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Parents will do almost anything to get their kids to eat healthier, but unfortunately, they've found that begging, pleading, threatening, and bribing don't work.

The Sneaky Chef By
Missy Lapine | Used |
9780762430758 ...

The Sneaky Chef: Simple
Strategies for Hiding
Healthy Foods in Kids'

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Favorite Meals is New

York Times bestseller
written by Missy Chase

Lapine has over 75

simple recipes, and is

chock full of proven
strategies for ingeniously

disguising "superfoods"

in kids' favorite meals.

Like blueberries hidden

in burgers, broccoli in

meatballs, cauliflower in

mac 'n cheese, and wheat

germ in cookies (they

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can't see or taste anything
different!).

Strategies For

Hiding Healthy

Sneaky Chef :: For Our
Facebook Fans ::

Contests ...

The Sneaky Chef Simple

Strategies for Hiding

Healthy Foods in Kids'

Favorite Meals. Missy

Chase Lapine. \$12.99;

\$12.99; Publisher

Description. Parents will

do almost anything to get

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Lapine

The Sneaky Chef on
Apple Books

Missy Chase Lapine is the author of the New York Times bestseller, The

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Sneaky Chef: Simple

Strategies for Hiding

Healthy Foods in

Kids' Favorite

Meals. View More. Share

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September 12, 2007 by

Missy

Lapine

News Archives - The

Sneaky Chef

Missy Chase Lapine,

based on years of

research, published The

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Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals (the "Book" or "The Sneaky Chef"). The Sneaky Chef achieved immediate critical acclaim and commercial success for its unique and

The New York Times
Plaintiff Lapine ' s
cookbook, The Sneaky

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Chef: Simple Strategies
for Hiding Healthy Food
in Kids ' Favorite Meals
(" The Sneaky Chef ")

was published in April
2007 by Running Press,
an imprint of Perseus
Books Group. (Defs ')
56.1 Stmt at ¶ 6; Pls ')
56.1 Stmt at ¶

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DISTRICT OF NEW
YORK

The Sneaky Chef :

Simple Strategies for

Hiding Healthy Foods in

Kids' \$7.99. Free

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Recipe Collection Book

Cookbook . \$12.74.

\$16.99. Free shipping .

Cookbook "All Holidays

Menus" Hardcover

Recipe Cook Book

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The Sneaky

Kitchen Chef H7. \$6.99.

shipping: + \$3.33

shipping .

The Sneaky Chef

Cookbook Kids '

Children Parent Recipe

Book ...

Lapine is the author of

The Sneaky Chef: Simple

Strategies for Hiding

Healthy Foods in Kids'

Favorite Meals. Jessica

Seinfeld is the author of

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Deceptively Delicious:
Simple Secrets to Get
Your Kids Eating Good
Food. In the lawsuit,
Lapine claims
Deceptively Delicious
infringes The Sneaky
Chef.

Lapine

Guide Through the Legal
Jungle: The Sneaky Chef
versus ...

Chef Chris Shepherd,
winner of a 2014 James

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Beard Foundation award, told Insider that mastering knife skills can make a big difference in the kitchen - no matter what you're cooking.

Missy Chase

Lapine

Parents will do almost anything to get their kids to eat healthier, but unfortunately, they've found that begging,

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The Sneaky

pleading, threatening, and bribing don't work. With their patience wearing thin, parents will "give in" for the sake of family peace, and reach for "kiddie" favorites- often nutritionally inferior choices such as fried fish sticks, mac n' cheese, Pop-sicles, and cookies. Missy Chase

Lapine, former publisher of Eating Well magazine,

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faced the same challenges with her two young daughters, and she sought a solution. Now in *The Sneaky Chef*, Lapine presents over 75 recipes that ingeniously disguise the most important superfoods inside kids' favorite meals. With the addition of a few simple make-ahead purees or clever replacements, (some may

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surprise you!) parents
can pack more fiber,
vitamins, and
antioxidants in their kids'
foods. Examples of
"Sneaky" recipes include:
No Harm Chicken Parm
Power Pizza Incognito
Burritos Guerilla Grilled
Cheese Brainy Brownies
Health-by-Chocolate
Cookies Quick fixes for
Jell-O(R)

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Parents will do almost anything to get their kids to eat healthier, but unfortunately, they've found that begging, pleading, threatening, and bribing don't work. With their patience wearing thin, parents will “ give in ” for the sake of family peace, and reach for “ kiddie ” favorites-often nutritionally inferior

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The Sneaky

Pizza Incognito Burritos

Guerilla Grilled Cheese

Brainy Brownies Health-

by-Chocolate Cookies

Quick fixes for Jell-O(R)

Favorite Meals

Parents will do almost

anything to get their kids

to eat healthier, but

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and bribing don't work.

With their patience

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- Cheese Brainy Brownies
- Health-by-Chocolate
- Cookies Quick fixes for
- Jell-O(R)

The Sneaky Chef now targets the other picky eater in the family! For

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parents of finicky eaters,
The Sneaky Chef was the
answer to their prayers,
giving them solutions for
hiding healthy food in
the meals kids crave.

Within a month of
publication, it was a New
York Times bestseller.

But author Missy Chase
Lapine knew another
secret: the kids aren't the
only ones in the family
not eating their veggies!

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The Sneaky

Hundreds of women wrote to tell her how the men in their lives were consistently making poor choices when it came to their diet. Men know they should eat better, but the classic male perception is that fruits and veggies are “ rabbit food ” and don't seem to satisfy their appetite. Now “ The Sneaky Chef ” has donned her

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The Sneaky

apron again and developed delicious recipes that are sure to appeal to guys. Recipes include “ Macho Meatballs, ” “ Love Me Tenderloin, ” and “ Champion Chili. ”

These hearty meals successfully cloak ingredients that specifically target men's health issues: foods proven to help the heart,

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The Sneaky

lower cholesterol, ensure a healthy prostate, and other concerns. Now everyone in the family (kids and adults alike) can benefit from The Sneaky Chef's bag of tricks.

Lapine

New York Times bestselling author Missy Chase Lapine inspired legions of parents to “sneak” good food

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into their children's meals with The Sneaky Chef. Now she extends her concept of

“sneakiness” into “speediness”: giving her fans 75 all-new healthy recipes that they can prepare in a flash.

Missy knows that most parents rely on packaged foods to feed their families, and she'll show how to reap the benefits

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of convenience foods without sacrificing nutrition, including:

- Quick fixes for jarred tomato sauce, mac-and-cheese, pancake mixes and cereals.
- Clever Shortcuts that will get weeknight cooks out of the kitchen in a hurry.
- Info on navigating options in the supermarket, what to look for when choosing

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packaged foods, shaving minutes—and calories—from every shopping trip. • Recipes that are dense in nutrients, while low in calories, fat, sodium, and sugars. • Fast tips such as “ Sneaky Swaps ” and “ Sneaky Supercharges ” that will kick meals up a notch. Best of all, The Speedy Sneaky Chef offers the

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best thing of all: time!

Less time in the kitchen
means more family time.

Plus there's the peace of
mind of knowing that
meals are not just
convenient, but healthy.

Missy Chase

The New York Times
bestselling author
returns—this time
responding directly to
her readers' most
pressing concerns.

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Legions of fans have written to her, asking for more recipes that focus on their specific family challenges. She's heard them loud and clear, and has crafted meals that are targeted to these special needs, including: •

Sneaky Chef Light:

Delicious recipes for kids struggling with their weight: with lower calories, lower fat—and

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all the taste! • Sneaky Chef for Food Allergies. For the millions of children who suffer from food allergies, here are recipes that are dairy-free, egg-free, and gluten-free. • Sneaky Chef for More Variety—More make-ahead purees and crafty, kid-friendly recipes the whole family will love. • Sneaky Chef Celebrates! Even special

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days can be healthy, as the Sneaky Chef unveils recipes for birthdays, Thanksgiving, Christmas, Chanukah, Valentine's Day, Passover, Easter, and more! Sneaky Chef to the Rescue shows that any family can

“sneak” good food into their diets, making everybody (both kids and adults) both happier and healthier.

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Chef Simple

The Sneaky Chef now targets the other picky eater in the family! For

parents of finicky eaters,

The Sneaky Chef was the answer to their prayers,

giving them solutions for hiding healthy food in

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Hundreds of women wrote to tell her how the men in their lives were consistently making poor choices when it came to their diet. Men know they should eat better, but the classic male perception is that fruits and veggies are “ rabbit

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Over 50 Simple Strategies For Hiding Healthy Foods In Kids Favorite Meals Missy Chase Lapine

ingredients that specifically target men's health issues: foods proven to help the heart, lower cholesterol, ensure a healthy prostate, and other concerns. Now everyone in the family (kids and adults alike) can benefit from The Sneaky Chef's bag of tricks.

It has become common

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knowledge that
childhood obesity rates
are increasing every year.
But the rates continue to
rise. And between busy
work schedules and the
inconvenient truth that
kids simply refuse to eat
vegetables and other
healthy foods, how can
average parents ensure
their kids are getting the
proper nutrition and
avoiding bad eating

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habits? As a mother of three, Jessica Seinfeld can speak for all parents who struggle to feed their kids right and deal nightly with dinnertime fiascos. As she wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she offers appetizing alternatives for parents who find themselves succumbing

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to the fastest and easiest
(and least healthy)
choices available to them.

Her modus operandi?

Her book is filled with
traditional recipes that
kids love, except they're
stealthily packed with
veggies hidden in them
so kids don't even know!

With the help of a
nutritionist and a
professional chef,
Seinfeld has developed a

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month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese, and kale in spaghetti and meatballs. She also provides revealing and humorous personal anecdotes, tear – out shopping guides to help parents zoom through the supermarket, and tips on how to deal with the

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kid that "must have" the latest sugar bomb cereal. But this book also contains much more than recipes and tips. By solving problems on a practical level for parents, Seinfeld addresses the big picture issues that surround childhood obesity and its long – term (and ruinous) effects on the body. With the help of a

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prominent nutritionist, her book provides parents with an arsenal of information related to kids' nutrition so parents understand why it's important to throw in a little avocado puree into their quesadillas. She discusses the critical importance of portion size, and the specific elements kids simply must have (as opposed to

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adults) in order to flourish now and in the future: protein, calcium, vitamins, and Omega 3 and 6 fats. Jessica Seinfeld's book is practical, easy – to – read, and a godsend for any parent that wants their kids to be healthy for a long time to come.

BBQ has never tasted so

Page 65/71

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good, or been so good for you! Missy Chase Lapine, NEW YORK TIMES bestselling author of The Sneaky Chef cookbooks, shares her tips and tricks to make this traditionally unhealthy comfort food into meals you can feel good about dishing up for friends and family during summer get-togethers. In this short

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cookbook, you'll find entrees, salads, sides and desserts to wow your BBQ crowd, from juicy bacon and cheese stuffed-burgers to grilled romaine caesar salad, Missy Chase baked bean griddle cakes, to frozen yogurt cookies. With a bonus section of The Sneaky Chef's famous Make-Ahead Purees, this BBQ cookbook is a must-have

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for grilling season.

Strategies For

The New York Times
Hiding Healthy
bestselling author

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responding directly to

her readers' most

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Legions of fans have

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