

# [PDF] The Sneaky Chef: Simple Strategies For Hiding Healthy Foods In Kids' Favorite Meals

Missy Chase Lapine - pdf download free book

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**Books Details:**

Title: The Sneaky Chef: Simple Strat

Author: Missy Chase Lapine

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## Description:

**Review** "*The Sneaky Chef* is a brilliant and timely concept." -- *Chef Daniel Boulud*

"*The Sneaky Chef* offers frustrated parents a simple, practical solution to getting their kids to eat healthier food." -- *Nancy Samalin, best-selling author of LOVING WITHOUT SPOILING*

"Here are lots of good ideas and recipes that will work for you if you are at wits end." -- *Vicki Lansky,*

author of *FEED ME I'M YOURS*

"Missy Chase Lapine is not only the best at what she does, she's the only one who does it" -- *Rob Rosenthal, KitchenMC*

**About the Author Missy Chase Lapine** is the creator of the Sneaky Chef series of books, including *New York 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.

Missy is a member of *Parenting Magazine's* team of experts, the "Mom Squad," a panel of high-profile experts. She has been a cooking instructor at New York's finest culinary schools, and serves on the New York-Presbyterian/Morgan Stanley Children's Hospital Advisory Council and the Health Sciences Advisory Council of New York-Presbyterian/Columbia. Missy has an ongoing commitment to the Food Bank for Westchester and is also a Curator for the members-only shopping site, OpenSky.com. Missy actively engages the public through her state-of-the-art consumer friendly website, [www.TheSneakyChef.com](http://www.TheSneakyChef.com).

Missy is the former publisher of *Eating Well* magazine and is the founder of BabySpa, a natural baby product line. She lives in Westchester County, New York, with her husband and two daughters.

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