



# **The 52 New Foods Challenge: A Family Cooking Adventure for Each Week of the Year, with 150 Recipes**

*Jennifer Tyler Lee*

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**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.

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