

Ready to strap on your culinary armour and step into the chaotic arena of feeding kids? Then this cookbook is for you. Welcome to my brutally honest, No-BS guide to navigating mealtimes with tiny terrors. It's a safe space, friends. This is where we finally acknowledge the unspoken truth: feeding kids can be harder than herding cats jacked up on catnip. One day, your little angel devours broccoli like it's ice cream... and the next, they're throwing it across the room like tiny veggie grenades. It's a constant battle of wills, negotiation tactics, and strategic meal planning to get the food into their mouth holes.

As a parent of two kids and a lifelong lover of shoving food into my own face, I'm here to arm you with recipes, tips, and a healthy dose of dark humour to help you navigate the treacherous terrain of the dinner table. I'm not gonna sugar-coat the challenges or pretend that feeding kids is a breeze. No, this cookbook is a no-holds-barred exploration of the triumphs, the tantrums, and the unexpected glorious moments of victory that make up the feeding frenzy of mealtimes. I'm glad you're here to join me on this culinary rollercoaster ride. It's time to take back the kitchen, one chicken nugget at a time.