

For an American teenage boy, hitting the four food groups often means a burger, fries, soda, and a candy bar. In the age of fast food, how can parents help their hungry sons eat right without spending untold hours in the grocery store and kitchen? **HOW TO FEED A TEENAGE BOY** comes through with solid dietary information, shopping tips, and scores of easy-to-prepare recipes for tasty, nutritious fare the whole family will eat. With this cookbook and nutrition guide in one, parents will help their sons grow up strong and develop healthy eating habits for life. Reviews “Her ingredient lists are short, her food is appealing... this is the place to go if you need help feeding someone who seems to grow an inch in his sleep every night. Now you have to hope that Orcutt will tackle the dirty sock problem next.”—The Boston Globe

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