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You don't like getting messy, but you love to color and do projects where you can use tools, like paintbrushes for example.

Thankfully, I know you're growing because you keep outgrowing shoes and clothes - but I'm sure this is only because of the supplements and formula you take.

You jump on him, head-butt him, and tackle him every chance you get.

I can't wait to see what new adventures this next year will give us! Love

But we'll save that for the next, "Dear Caleb" blog post.

As you can see, I have learned quite a bit about dinosaurs with you, too! You have also started to get into Daniel Tiger and you really like the movie Frozen (along with every other child in America, maybe the world).

It's my hope as a parent that I can encourage that side of you while discouraging the hitting and kicking.

You have a very logical mind.

You often say, "Catch!" and ask to practice.

Laura is your teacher at A Kid's Gym in Oviedo, and she is wonderful.

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David maxwell (author of smart sauces) -

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The ultimate low- carb bible: a four week

This book contains 84 low carb ketogenic recipes arranged in a Four Carb Bible: A Four Week Ketogenic Diet Plan Ketogenic recipes Book 1) by David Maxwell

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I d like to point out that very low carb (VLC) and ketogenic diets Dr. Perlmutter suggests a 4-week plan I ve been trying the Grain Brain diet

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