



The Well-Rounded Pregnancy Cookbook: Give Your Baby a Healthy Start with 100 Recipes That Adapt to Fit How You Feel

Karen Gurwitz, Jen Hoy

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Every woman wants to eat her best. But eating well can be challenging during the best of times. During pregnancy it is aggravated with curveballs such as nausea, cravings, or life. Before you ruin your healthful intentions, check out *The Well-Rounded Pregnancy Cookbook*, which offers a compromise by providing 100 recipes that meet every mother's needs by adapting them to her moods.

Feeling nauseous? Turn Pine Nuts and Golden Raisins into a lemony-soup. Craving comfort foods? Modify Asian Cabbage Salad into a traditional but healthy treat. Ready to shed your baby pounds? Transform Fettucine with Mushrooms and Slow-Roasted Tomatoes into a beautiful salad. Feeling good today? Try some Broiled Salmon with Caramelized Fennel and Sweet Onion paired with Crisp Roasted Sweet Potatoes. And the Lemon Cookies and Devilicious Cupcakes are great for any mood.

Easily customizable recipes also mean that mom-to-be and her family can sit down and enjoy the same meal, no matter how she's feeling. With helpful tips and options that minimize prep time, *The Well-Rounded Pregnancy Cookbook* is a must-have for any expectant, new or not-so-new mother, who needs a flexible solution for preparing delicious, healthful, meals!

As the founder of Mothers & Menus, Inc. and a busy mom of three, Karen Gurwitz knows how hard it can be to find time to take care of yourself. In *The Well-Rounded Pregnancy Cookbook*, she encourages you to tune in to your body's needs and give yourself permission to honor your cravings. Her voice and the cookbook are a great accompaniment to your journey of motherhood, whether you are in the early stages, or have been on it for quite some time.

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The book untitled The Well-Rounded Pregnancy Cookbook: Give Your Baby a Healthy Start with 100 Recipes That Adapt to Fit How You Feel contain a lot of information on the idea. The writer explains the woman idea with easy approach. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read this. The book was published by famous author. The author will take you in the new era of literary works. You can read this book because you can continue reading your smart phone, or model, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can available their official web-site and order it. Have a nice go through.

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