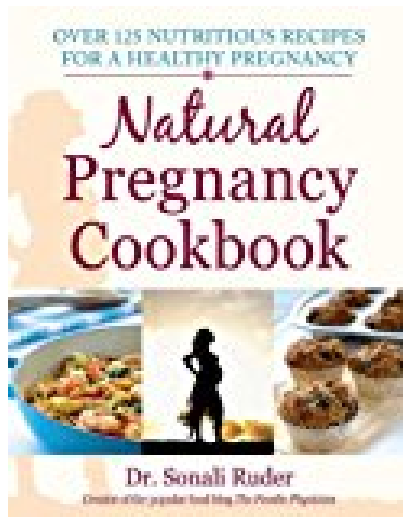


# Natural Pregnancy Cookbook Over 125 Nutritious Recipes for a Healthy Pregnancy

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## BOOK DETAILS

- Author : Sonali Ruder
- Pages : 288 Pages
- Publisher : Hatherleigh Press
- Language : English
- ISBN : 157826569X

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## BOOK SYNOPSIS

The Complete Guide to Eating Healthy During Pregnancy — Naturally The Natural Pregnancy Cookbook ensures that both you and your baby get the nutrition you need, while still enjoying everything you eat. In The Natural Pregnancy Cookbook, physician, chef, and mother Dr. Sonali Ruder takes the guesswork out of planning a healthy diet and presents over 125 delicious, nutritious recipes to suit any taste or palate. It is the perfect resource for expectant mothers. The Natural Pregnancy Cookbook helps to make certain that your body has everything it needs during the many changes that accompany pregnancy. Expertly presented and authoritative, The Natural Pregnancy Cookbook also includes a wealth of information on eating while pregnant—from managing morning sickness and mid-day cravings, to knowing how much food is enough for you and your baby. Keeping you strong and your baby healthy takes work—and The Natural Pregnancy Cookbook makes it easy. The Natural Pregnancy Cookbook features a variety of tasty, healthy recipes including: - Baby Bump Banana Flax Bread -Berry and Ricotta Stuffed French Toast - Refrigerator Dill Pickles -Summer Zucchini and Corn Frittata -Banana Nut Health Shake -Mediterranean Shrimp Pasta -Grilled Skirt Steak with Chimichurri Sauce - Craveable Chocolate Ganache Cupcakes ...and many more! For any expectant mother looking to manage their cravings, keep control of their diet and have fun doing it, The Natural Pregnancy Cookbook is your reliable resource each step of the way. Making informed, educated decisions about what you eat during your pregnancy is essential to ensuring your baby is born happy and healthy. From the Trade Paperback edition.

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