

Feed your baby with natural goodness
and lots of love!

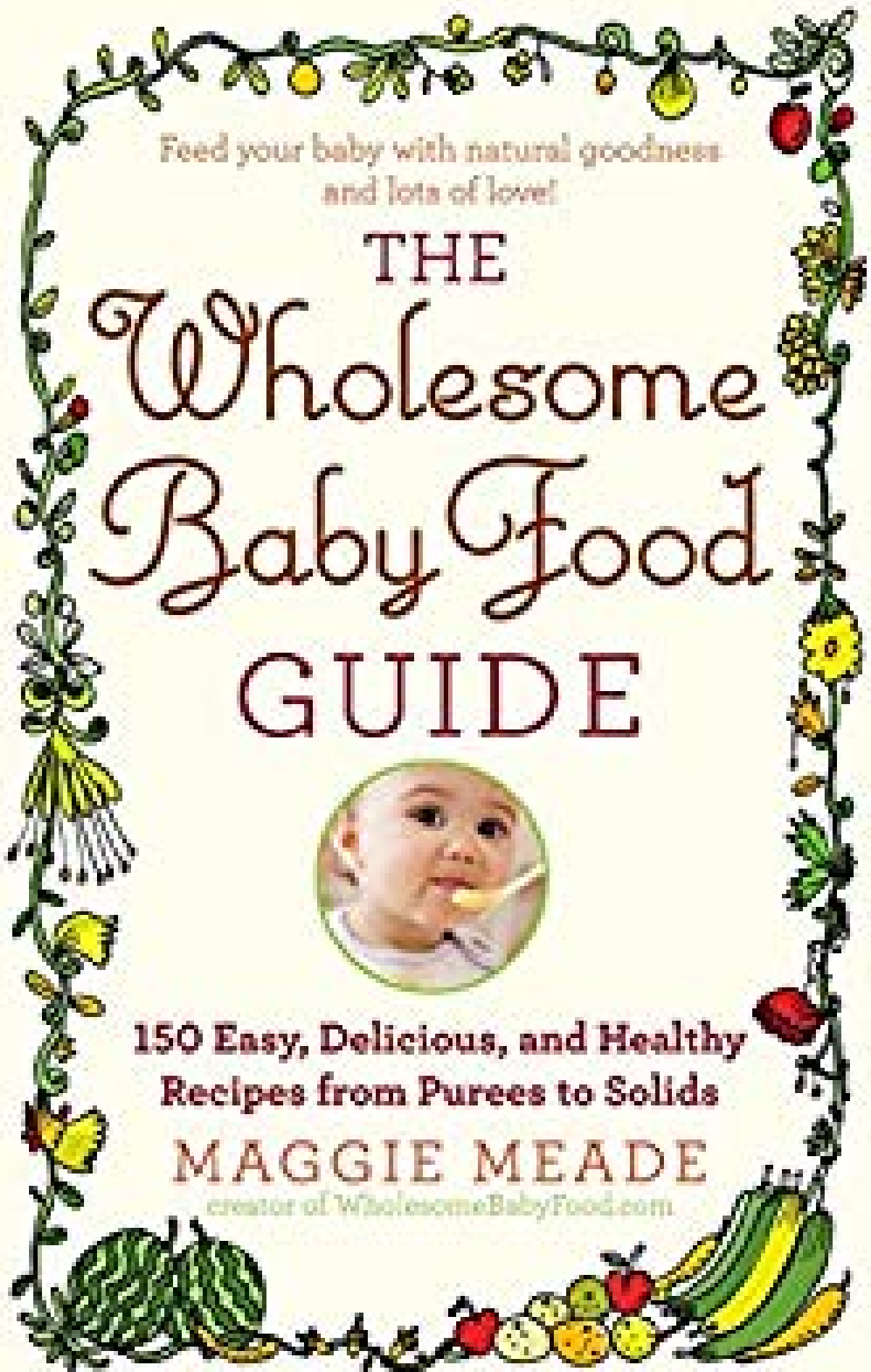
THE
Wholesome
Baby Food
GUIDE



150 Easy, Delicious, and Healthy
Recipes from Purees to Solids

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Maggie Meade

The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids



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Love this book! The recipes for 4-6 months are simple but that is to be expected. I finished up making all of his baby meals - he never once acquired gerber and pouches simply on occasion (i even made my very own pouches). Per day I have many possibilities for 2months. Really good book on what foods could be fed at what . Recipes are easy to make. And the savings can not be beat! My son has happily consumed everything I've made so considerably-- even the green veggies. The first batch of food I made cost simply \$9 and it lasted thru the 1st month that he started solids. So easy! I buy my books used so I need not pay full price but I am very happy I bought this publication.49 each, and it's a no-brainer! I also cherished the wealth of info in the first fifty percent of the publication before you even get to the quality recipes. We purchased a couple of other books simultaneously and returned every one of them since this is the only reserve we use and need. I am recommending this to all or any of my close friends! Sure they have a website with equal information but having a physical copy with you while producing baby food an excellent tool to have. There are some great (and cheap) Rubbermaid ice cube trays that nest inside each other for storage, but in the event that you reverse how you stack them, then they stack along with each other for freezing. I have 9 of them so I can perform one big circular of baby meals making and then put the trays apart until next time and they hardly consider up any space at all.. Admittedly, I'm not the cook or the infant food maker in our house, my partner is, and she raves about this book. It's only been 2 months of solid food and I've pulled this book out dozens of times. Recommend this book! MUST Have!e. BEST purchase I made for my little guy. And continuously returning back again to this book to start to see the various choices to create food for my baby an up to now she love's the results. This is like my baby food bible. Learned so very much about how to provide him solids the 1st time.it will be nice to know a starting place though! There is also a free internet site that coordinates with this reserve if you want an idea of what type of recipes you will find inside. I really wanted to make my own baby meals but was cautious about enough time involved. This reserve is a must. If you are on the fence about making your baby's meals, I can promise you if you make huge batches at once you will only be "cooking" for it max once weekly. I'd just make multiple items at once in huge batches and freeze. Compare that to the pouches of organic baby food at \$1. Buy this book! I purchase it for all of my pregnant friends! So far I really like this book--it is exactly what I wanted So far I love this book--it is exactly what I was looking for. I purchased this publication after spending some time in the Wholesome Baby Meals website. The one thing I would really transformation is that I want she was a bit more specific sometimes. For instance, she'll write bring ____ to a boil and add enough liquid until it's the right consistency for your baby.. Although I haven't attempted the recipes yet, I would recommend it! Skipped cereal for insufficient natural nutrition and gave hime nice potato initial pureed and blended with a lot of breastmilk. I love all the details and recipe concepts in here though! For me it is better to have it all in a publication than needing to look factors up on the web. This reserve gave me simply the push I required and I am therefore happy I went for it. Best baby food book out there.. It's a very good, easy to follow book, and the recipes seem basic but delicious. While providing information in choosing what type of meals for baby meals making. Baby Food Bible! apples with chicken for maximum iron absorption. I also how it addresses the topics on issues that may arise with starting solids such as for example constipation and food allergy symptoms. It really does just take an hour or two each month to create tons of delicious baby meals! Highly recommend to anyone who is likely to make homemade baby meals! Easy to follow. Great,simple recipes. I'm the type of person who loves to possess a solid cook book in my hand when I'm in your kitchen

when I'm following recipes, and We also don't have a good phone, so that is why I purchased this book instead of visiting the web site. I'm about to start my child on solids and I've been studying this publication to prepare me. Really good book in what foods could be fed at what age, how to prepare fruits, vegetables and meats, how exactly to spice up the meals, food safety and storage, etc. 19-\$1. I highly recommend it to any mother or father about to attempt the homemade baby meals journey. Invaluable Information on Baby Feeding After being disappointed with several other baby food cookbooks that had great pictures, but not a whole lot of useable recipes or great information, We ordered The Wholesome Baby Meals Guidebook on a whim, and hit the jackpot. I got from the library when my baby was just starting solids and simply love the quality recipes. The dishes for all the baby food combos had been priceless.. My 9 month older started solids since 6 months and she's eaten everything so far! another useful publication in baby food Not only provides recipes but a variety of cooking methods for each recipe. And each recipe provides information if it can be made in advance and if it's freezer friendly or not. I like how there are notes about how exactly certain foods enhance each other, i. Also adding a basic fundamentals in baby food making like for instance how long to store baby food, what myths and reality in baby food, nutritional information, what to introduce at the various phases, forbidden foods an potential allergies, food safety, techniques therefore a lot more. On a side note, I take advantage of my Magic Bullet to puree everything and freeze it in ice cube trays. I understood I wanted to make most of his baby food since it appeared like the healthiest choice for all of us. And having your meal ready making her food in advance very quick. As an operating mom, I don't have a lot of free time these days. Don't buy for the recipes Most of the "recipes" are VERY BASIC. I possibly could have handled that by myself. Steam it. Definitely recommend it! The information about how to cook, what to cook, how very much little ones need, what things to purchase organic, what has the most/least pesticides, when to present certain foods, food allergy symptoms to view for, signs of effects to food, etc were invaluable.. One example for babies 8 months of age and old: Brocoli Baby - Cut up broccoli. I did benefit from the books insights on spices and the dialogue partly 1: The Trip into FOOD. But I bought this reserve for the dishes and I have already been sorely disappointed. Great book! This is an extremely nice and well done baby food book! My child loved it and provided her great ideas for planning wholesome foods for her little one. Lots of useful information! Loved this whenever we first started on solids! Helpful guide! You will not be disappointed. I used this book through several child. I really like everything about it. Blend it.! Must have for all parents! Awesome recipes and tips for preparation and storage. This book gives no pictures, but has a wealth of information regarding baby nourishment, feeding schedules based on age, quality recipes for everything from purees to finger foods, and more. Most are very easy and each is delicious! YOU WONT REGRET THE Purchase! I bought this for my child (and baby granddaughter). I Recommend it to everyone! But am pleased i bought additional baby books with great puree pictures. Definitely using this publication with our future babies? ok I would have preferred photos or great photos in this book. Would recommend. I have really enjoyed scanning this book and appearance forward to beginning our baby on solids soon!.



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