



THE
9 WHOLE
MONTHS

A Week-By-Week
Pregnancy Nutrition Guide with
Recipes for a Healthy Start

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**The Whole 9 Months: A Week-By-Week Pregnancy Nutrition
Guide with Recipes for a Healthy Start**



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Through reading THE COMPLETE Nine Months you'll learn how easy it could be to make good food options for the body while growing a wholesome, happy baby. Lang has placed her valuable knowledge into these web pages. With this reserve in your hand, you are on your way to putting your health initial and setting your baby up for lifelong wellness. The Whole Nine Months is your all-in-one being pregnant book with simple dietary guidelines, up-to-date pregnancy analysis, and real mom-to-mom tips."?JESSICA ALBA, co-founder of The Honest Company

Good for baby, healthy: Every mom-to-be understands how important it really is to pick the right foods when you're eating for two?but the info overload on pre-natal diet could be stressful and time-consuming."I'm thrilled that Dr. A great reference and cookbook during pregnancy, THE COMPLETE Nine Months contains:

- Nutritional Info: covering all you need to know on essential baby-building nutrients, daily consumption needs, and how to locate them in foods
- Over 100 Fast and simple Quality recipes: including vegetarian, vegan, and gluten-free options?with helpful hints on how to customize each recipe to fit your cravings
- Handy Tricks: helping you to handle nausea, cravings, and anything else that comes your way

As an OB-GYN, activist, and mother herself, Dr. Lang knows how hard it could be to soak up the available details on pre-natal nutrition while tackling cravings and nausea."Eating for two" is the single most important issue that you'll ever do?and THE COMPLETE Nine Months is the only pregnancy book you'll have to get it right.



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Good recipes with a mixture of ones We wouldn't try I was excited to understand this cookbook. My husband and I try for a baby and I wanted to start out early with obtaining the best food. Some of the dishes in here are on my list to try, others I wouldn't even bother with.. Easy Dishes!. She also criticizes processed food items, but living without prepared/pre-made foods is not realistic if you have a work..I do like the trimester information at the start of the reserve.It doesn't include photos of each recipe. Several photos are scattered in the book. I like meats and carbs, I'm pregnant Recipes are great. This book brings back very fond memories. It can help you eat right every day the entire time you are pregnant. Instead it's a general guide to how much of each nutrient you need (info also listed in every other book on being pregnant I've seen). I would sometimes make the foodstuffs ahead of time and keep them in the freezer or just buy but at least I knew i was eating that which was recommended by professionals. I am pregnant again and I've this book by me every evening. I really like it and would recommend utilizing a prenatal I have my PhD within an area within biology.. There is no evidence to recommend GMO foods harm anyone. The supplement quantities rival pricey prescription vitamin levels, and they didn't cause me any belly discomfort at all. An AMAZING book. Only about half of the book is devoted to recipes. I experienced hoped it would have full meal programs for every week, to take some of the guesswork out of food prep. It was very helpful if you ask me as I was too occupied and stressed at work to do my own study about eating right while pregnant. Instead I got simple recipes that I actually already eat. I sought out a vegan pregnancy publication and this book came up 1st. Skip it if you don't like quinoa- since that's in everything. The dishes are structured by dish such as a regular cookbook. (Think smoothies and avocado toast). No recipe was exciting enough to create this book well worth keeping. but I thought there will be more- like ones for every week based on what I need Not really a fan of this. Great books Great books for pregnant women. This book isn't very detailed... No thanks.) Not practical, not accurate The recipes would be great for someone who stays in the home and has the time and energy to make everything from scratch.It's pretty good, however, not great. I also didn't appreciate the condescending tone about being pregnant cravings: "If you crave Skittles when you are pregnant, try your very best not to eat them. Think about each one of your cravings and how it'll affect your child." In other words, if you don't are perfect rather than touch candy, make sure you feel guilty because you're hurting your baby. Quite informative Got it for my daughter, but go through it first. Then she lost all credibility with me when she stated you shouldn't consume GMOs; there is no evidence of harm due to GMOs. I'm returning this book because after reading that, I cannot trust her. Best Buy of Pregnancy This book is a step by step, week by week guide on what your bdy and baby will require thorough every phase of pregnancy. I was extremely

impressed with the fantastic information and healthy food ideas, etc. The whole first fifty percent is a nutritional help and instructional on what your body will need each week and what will help with particular symptoms and pregnancy problems. The next half is dishes and cooking ideas. The recipes are organized by dish such as a regular cookbook I wanted this to be a go-to within my pregnancy, but it's less helpful than I hoped. eggplant stackers? Love this book Favorite book during pregnancy - without doubt. Has a simple mixture of what's going on week-by-week with baby and some really simple dishes / things to focus on eating.. I've found a few really healthy 'go-to' dishes that I'll put together on Sunday for the next couple of days. My husband likes them too!. Gee, thanks a lot for the guilt trip. So amazing and an excellent book to have. Would recommend to anyone expecting! Beautifully laid out, easy to follow I LOVE this book. It lays out just what nutrients are most significant in every week of your being pregnant according to fetal advancement and provides easy, gorgeous charts and lists and that means you know what foods to eat during those times. More than half of the entrees possess meat or fish. This is actually the best nutrition publication I've found so far for pregnancy - as a nurse practitioner I will certainly recommend it to my pregnant individuals. This is simply not a vegan book! Skip it I had to come back this. I desire I'd noticed it had been the "sponsored" publication. The recipes are delicious and very easy. There are some good plant-based recipes but this is not a supportive book for someone looking to eat a plant-based vegan diet. A small snobby for me personally. I'm also a picky eater so I'm looking forward to trying a few of the recipes in here.. Highly Recommended!.. The dishes are SUPER basic and don't have a ton of time to put together - this is just what I needed. publication is most effective for those who aren't big meats eaters and concerned with mitigating excess weight gain. While I find a lot of the info helpful, not everything in it really is realistic for some women and those who read it will consider that it's one persons perspective. In the event that you can't afford to eat organic everything and don't want to beat yourself up for consuming gluten .. this book is not for you. Disappointing an MD doesn't understand GMOs I came across this book misleading and not factually correct scientifically. You'll find more recipes there. These are a very good choice for prenatals. Vitamiss Prenatal - Optimal Women's Supplement for Healthy Pre and Post Pregnancy! This publication lost my interest when I noticed the author promoted only non-GMOs so when there weren't lots of recipes in the first place to support changing dietary needs throughout being pregnant. Stick with a normal cookbook or a crockpot cookbook instead. An MD should be ashamed of herself for spreading lies that GMO foods are not safe. Nothing you don't already know. It has some dishes, but I idea there will be more- like types for each week based on what I need. I was expecting per month by month recipe reserve based on what the body needs. I found it very generic when it comes to what to do

(eat even more vegetables, don't drink, don't smoke. :(



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