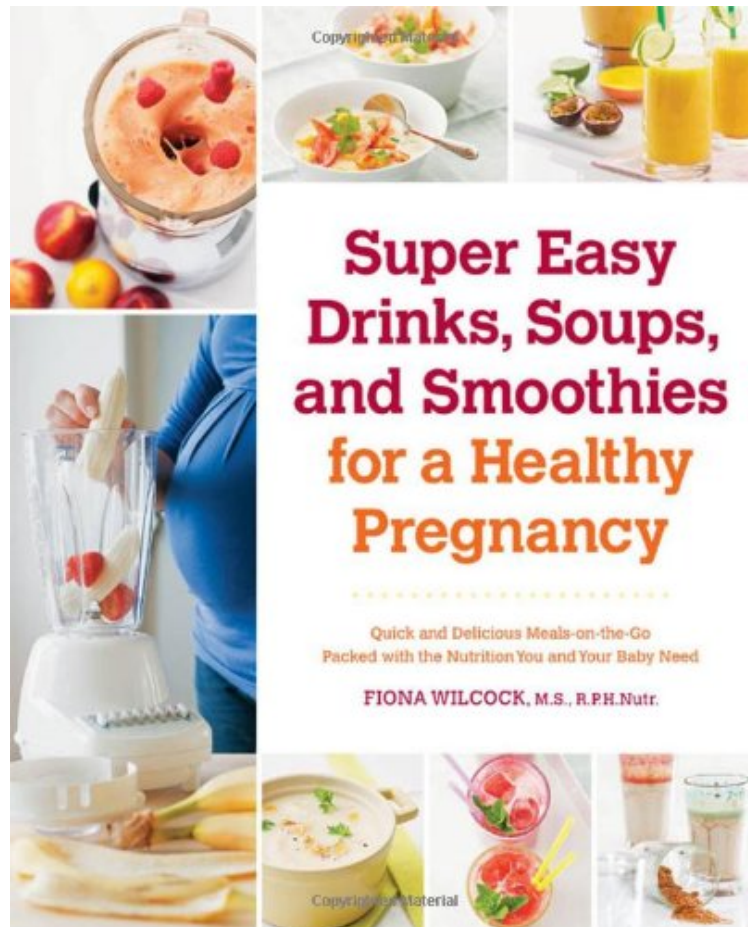


(Free pdf) Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy: Quick and Delicious Meals-on-the-Go Packed with the Nutrition You and Your Baby Need

Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy: Quick and Delicious Meals-on-the-Go Packed with the Nutrition You and Your Baby Need

Fiona Wilcock

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#906290 in Books 2012-05-01 Original language: English PDF # 1 10.75 x .50 x 8.75, 1.33 #File Name: 1592335209128 pages | File size: 57.Mb

Fiona Wilcock : Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy: Quick and Delicious Meals-on-the-Go Packed with the Nutrition You and Your Baby Need before purchasing it in order to gauge whether or not it would be worth my time, and all praised Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy: Quick and Delicious Meals-on-the-Go Packed with the Nutrition You and Your Baby Need:

0 of 0 people found the following review helpful. Good book for easy healthy eating By JA GxBought as a gift for a friend who doesn't like to cook. She said it came in handy for healthy snacks that are easy to prepare 0 of 0 people found the following review helpful. Five Stars By N.M.L. Great book

An optimal supply of vitamins and minerals is important in any diet but nutrient needs increase dramatically during pregnancy and are critical for ensuring baby's healthy development. However, common pregnancy complaints such as nausea often make eating properly difficult. Smoothies, juices, and soups provide a easy and digestion-soothing way to get essential vitamins and minerals and can be prepared quickly and easily. Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy provides over 100 recipes developed to meet the nutritional needs of pregnant and nursing women, ease pregnancy complaints such as nausea and sleeplessness, and keep moms-to-be nourished and energized.

About the Author Fiona Wilcock, M.S., R.P.H.Nutr., was a nutrition scientist and lecturer for many years and is now an independent nutrition consultant and author. She has provided recipes and nutritional advice to Marks Spencer, Good Housekeeping, Disney, and Babylicious, as well as to the UK's Food Standards Agency. She is the author of the Gourmand award-winning Complete Pregnancy Cookbook. She resides in London. Excerpt. copy; Reprinted by permission. All rights reserved.

Tropical Delight Smoothie This mixture of fruits makes a smoothie with all the taste sensations of an exotic island. Put a few ice cubes in the blender to chill it down on a hot day or use frozen fruit instead of fresh for the same effect.

Good for: Quenching thirst
Source of: Vitamin C
Makes 2 9.5 oz (275 ml) servings
Per serving: 104 calories, 1.4 g protein, 23.4 g carbohydrate (of which 22.4 g sugars), 0.5 g fat (of which 0.2 g saturates)

Ingredients: 2 cup (100 ml) unsweetened pineapple juice, preferably freshly made; 3 cup (150 ml) coconut water; 2 small melon, such as Honeydew or Galia, cut into chunks; 1 medium banana, cut into chunks; Ice cubes (omit if using frozen fruit)

Directions: 1. Place all the ingredients in a blender and process until smooth. 2. Serve immediately. * Not suitable for storing.