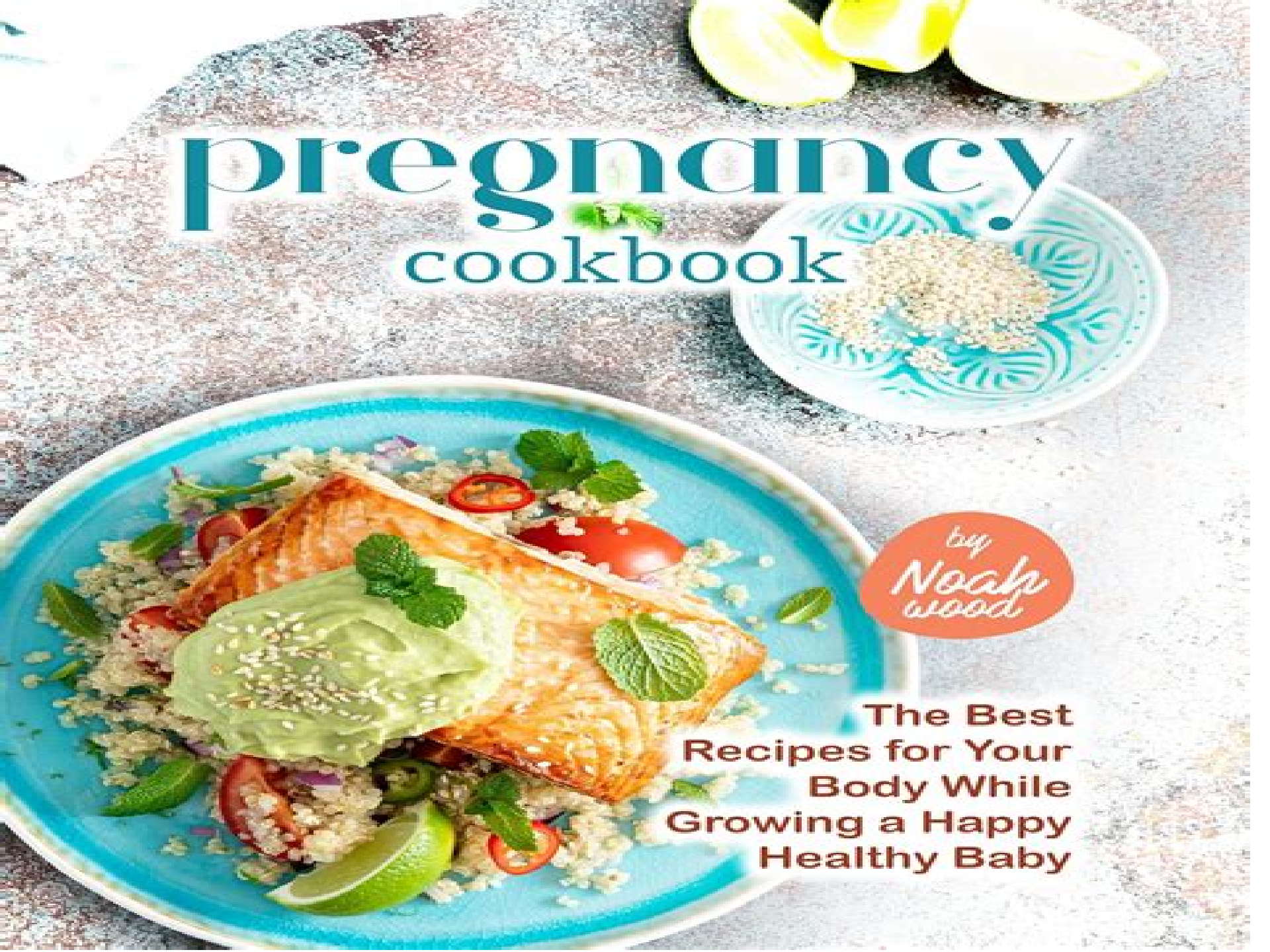




pregnancy cookbook

by
*Noah
wood*

**The Best
Recipes for Your
Body While
Growing a Happy
Healthy Baby**

The Healthy Pregnancy Menu Cookbook

Madline Given



The Healthy Pregnancy Menu Cookbook:

The Healthy Pregnancy Menu Cookbook Shirley Smalheiser, 1983 Abstract Recipes menu plans and nutritional guidelines are presented to aid pregnant women in assuring that nutritional needs during pregnancy are satisfied The text provides recipes that use readily available foods quick easy to prepare meals that can be made ahead and held information on expected weight gain and appetite changes daily mean calorie requirements and hints on controlling food cravings and or aversions Three menu plans providing menus for the 3 main daily meals are outlined with references given to the recipe section of the text Plan 1 provides 1700 calories day plus 3 snacks of 130 calories each plan 2 1850 calories day plus 3 snacks of 80 calories each plan 3 2000 calories day with 2 snacks of 50 calories each Most of the recipes are designed to provide sufficient food to service the entire family wz *The Healthy Pregnancy Nutrition Guide & Cookbook* Madline

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