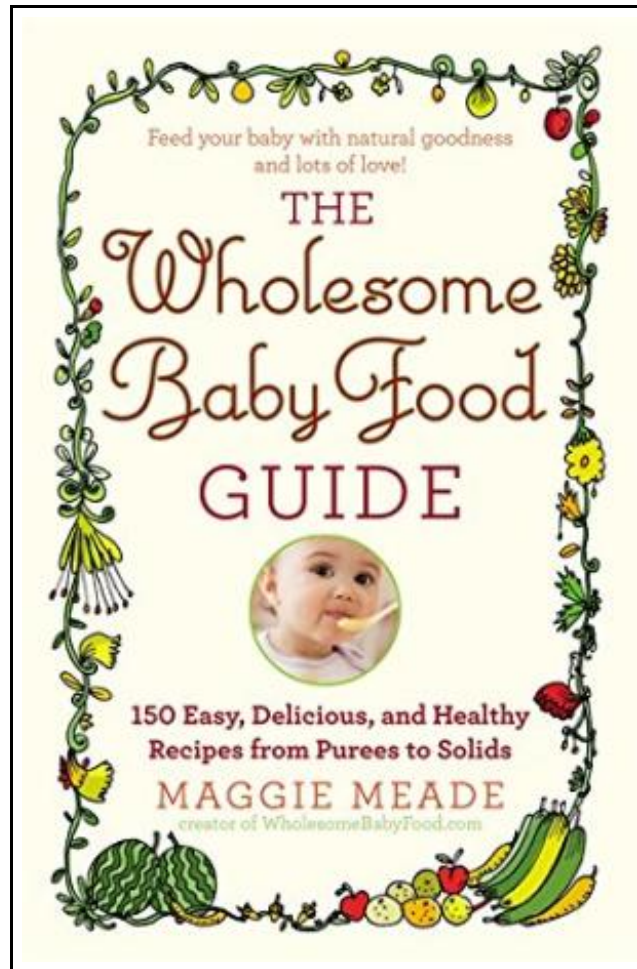


## The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids



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Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids, Maggie Meade, Baby food doesn't need to be tasteless, processed and in a jar. It can be fresh, vibrant and delicious. In THE WHOLESOME BABY FOOD GUIDE, Maggie Meade will show you how easy it is to feed your baby homemade goodness. Based on the top-rated baby food website, THE WHOLESOME BABY FOOD GUIDE is filled with carefully researched information on nutrition, allergies, myths, and the best practices for introducing foods to your little ones. With more than 150 recipes, as well as storage tips, and allergy alerts, Meade reviews the three major stages of a baby's learning to eat: 4-6 months, 6-8 months, and 8 months and up. With courage, humor, and gentle motivation, this book will show parents that their baby's food doesn't have to come from a jar to be healthy and safe. In fact, the healthiest, safest, and tastiest (not to mention least expensive!) foods for babies are those cooked from real ingredients in the kitchen at home. This book sets the stage for a child's lifelong love of healthy and wholesome foods. Move over Gerber-- parents are getting into the kitchen!.



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