



## My Pregnancy Recipes and Meal Planner

By Rana Conway

Crimson Publishing. Paperback. Book Condition: new. BRAND NEW, My Pregnancy Recipes and Meal Planner, Rana Conway, Do you feel overwhelmed by all the advice on what to eat during pregnancy? With an enormous amount of information out there on the ideal pregnancy diet, putting together healthy meals can seem like a daunting task, especially if you're faced with nausea or a ridiculous craving for gherkins and ice cream for breakfast. Dr Rana Conway, a nutritionist of more than twenty years, provides recipes for breakfast dishes to ward off morning sickness, delicious lunches to keep your energy up all afternoon and tasty snacks that will satisfy even the strongest of junk food or sugar cravings. Find out: \* What to eat and what to avoid during your pregnancy \* Pregnancy-safe alternatives to your favourite foods \* Different recipes for each trimester as the needs of you and your baby change \* How the right ingredients can help reduce the more unpleasant side effects of pregnancy such as morning sickness From conception to birth My Pregnancy Recipes and Meal Planner supports you with a comprehensive collection of menu ideas to keep you inspired and your baby healthy!.



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