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The Healthy Baby Meal Planner: 200 Quick, Easy, And Healthy Recipes For Your Baby And Toddler



Synopsis

Fully revised and updated with new and enhanced recipes and an improved layout, The Healthy Baby Meal Planner is a fun, easy-to-follow, and comprehensive guide to creating homemade meals for infants and young children. The Healthy Baby Meal Planner shows parents how to start their babies off to a lifetime of healthy and happy eating. Focusing on what foods are appropriate for each stage of a child's development from infancy to age two, Karmel discusses the best first foods, how and when to introduce fruits, vegetables, and other solid foods, and how to create tempting dishes even for the fussiest of eaters.

Book Information

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Customer Reviews

This book has made a great addition to our "baby" cookbooks. The author, Annabel Karmel, shows parents how to make healthy, unprocessed, tasty foods for babies and toddlers. I equally love that many of the recipes for older babies and infants can easily be made for the whole family; this makes dinner time much easier. I like the details of the recipes. Annabel tells exactly how to prepare the ingredients and how to cook/prepare them. However, I wish this book explained the best way to store each recipe. For example, she explains how to prepare pears, but doesn't say if they freeze well or are best eaten right away. I tried to freeze them after I cooked them, but they turned brown and yucky looking. I like that there are suggestions for foods that I normally wouldn't think of feeding my baby (cauliflower, papaya, dried apricots, cantaloupe, parsnip, zucchini, etc). And I like that by incorporating these recipes, my baby will eat a wide range of colors and textures. The chapters are

laid out very nicely and organized; they start with an introduction explaining the particular stage of feeding, then followed by recipes, and ending with a meal planner. I really like the meal planner part because it shows what kinds of foods Annabel suggests at various times. It is a great thing to follow to add variety to your baby's diet. I know that before I started using this book, I found myself making the same thing over and over again for my baby and the meal planner really helps me to remember to add variety. Plus, you don't have to follow it exactly. I like the size of the book, I like that the pages are thick (I spilled milk on a few and wiped them up and they still look fine), and I think the book is well illustrated.

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