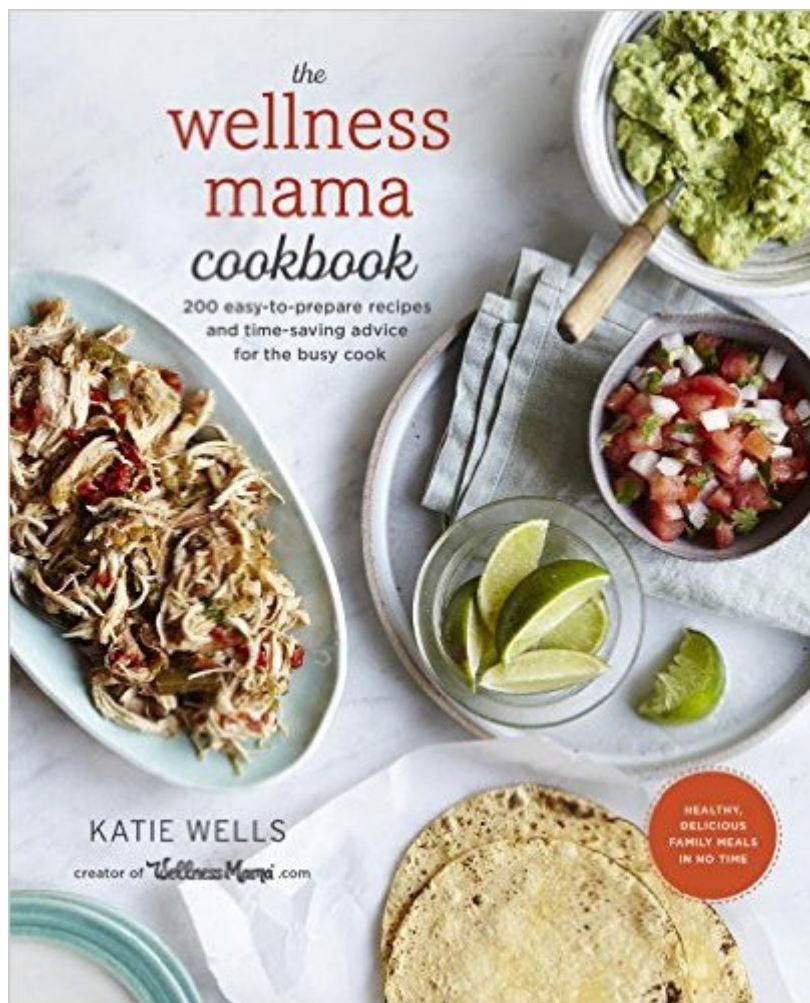


The book was found

The Wellness Mama Cookbook: 200 Easy-to-Prepare Recipes And Time-Saving Advice For The Busy Cook



Synopsis

With six kids, a popular blog, and no free time, Katie Wells, creator of the incredibly popular Wellness Mama website, knows firsthand how difficult it is to cook a healthy, homemade dinner every night. Faced with her own health challenges, and also concerned about the frightening statistics on the future health of her children's generation, Katie began to evaluate the foods she was eating and feeding to her family. She became determined to find a way to create and serve meals that were wholesome, easy to prepare, budget-friendly, and family approved. The Wellness Mama Cookbook is a compilation of all that she has learned, with 200 simple, delicious recipes using all-natural ingredients; meal plans; time-saving tips; and advice that will take the guesswork out of dinner. The recipes and practical advice Katie offers will help you eliminate processed foods and move toward more healthy, home-cooked meals that are easily prepared in most in thirty minutes or less. The recipes focus on whole foods that are free of grains and refined sugars and without harmful fats, but are still delicious and full of flavor. With a variety of slow-cooker and one-pot meals, light lunches, dinners, and desserts, you'll be eating better in every way in no time at all. Recipes include Sesame Chicken with Sugar Snap Peas, Sweet Potato Crusted Quiche Lorraine, Beef and Zucchini Stir Fry, and Chewy Chocolate Chip Cookies, as well as recipes for bone broths, fermented foods, and super food drinks and smoothies. Katie also shares pantry-stocking advice, two weeks of meal plans for at home and on-the-go, shopping lists, and more. This is the ultimate cookbook that readers need to incorporate healthy eating knowledge into their daily practices.

Book Information

Hardcover: 336 pages

Publisher: Harmony (December 27, 2016)

Language: English

ISBN-10: 0451496914

ISBN-13: 978-0451496911

Product Dimensions: 5.9 x 0.9 x 8.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Best Sellers Rank: #85,002 in Books (See Top 100 in Books) #168 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #176 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

[Download to continue reading...](#)

The Wellness Mama Cookbook: 200 Easy-to-Prepare Recipes and Time-Saving Advice for the Busy Cook Dinner Made Easy with Six Sisters' Stuff: Time-Saving Recipes for Busy Moms The Hoosier Mama Book of Pie: Recipes, Techniques, and Wisdom from the Hoosier Mama Pie Company Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People (Quick and Easy Microwave Meal Recipes) Sushi Secrets: Easy Recipes for the Home Cook. Prepare delicious sushi at home using sustainable local ingredients! Yo Mama Jokes from All Around the Block: Just Like Yo Mama, Fool!, Volume 1 Mr. Food Test Kitchen Cook it Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker How to Prepare for the PCAT: Pharmacy College Admission Test (Barron's How to Prepare for the Pcat Pharmacy College Admission Test) How to Prepare for the Mat: Miller Analogies Test (Barron's How to Prepare for the MAT) Let's Prepare for the PARCC Grade 3 Math Test (Let S Prepare for the Parcc Tests) The McDougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker Canning And Preserving Cookbook: 100+ Mouth-Watering Recipes of Canned Food: (Canning and Preserving Cookbook, Best Canning Recipes) (Home Canning Recipes, Pressure Canning Recipes) Greek Cuisine Cookbook: 50 Easy and Delicious Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick & Easy) How to Cook Everything: Easy Weekend Cooking (How to Cook Everything Series) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes The Toddler's Busy Book: 365 Creative Games and Activities to Keep Your 1 1/2- to 3-Year-Old Busy Cook It in Cast Iron: Kitchen-Tested Recipes for the One Pan That Does It All (Cook's Country)

[Dmca](#)