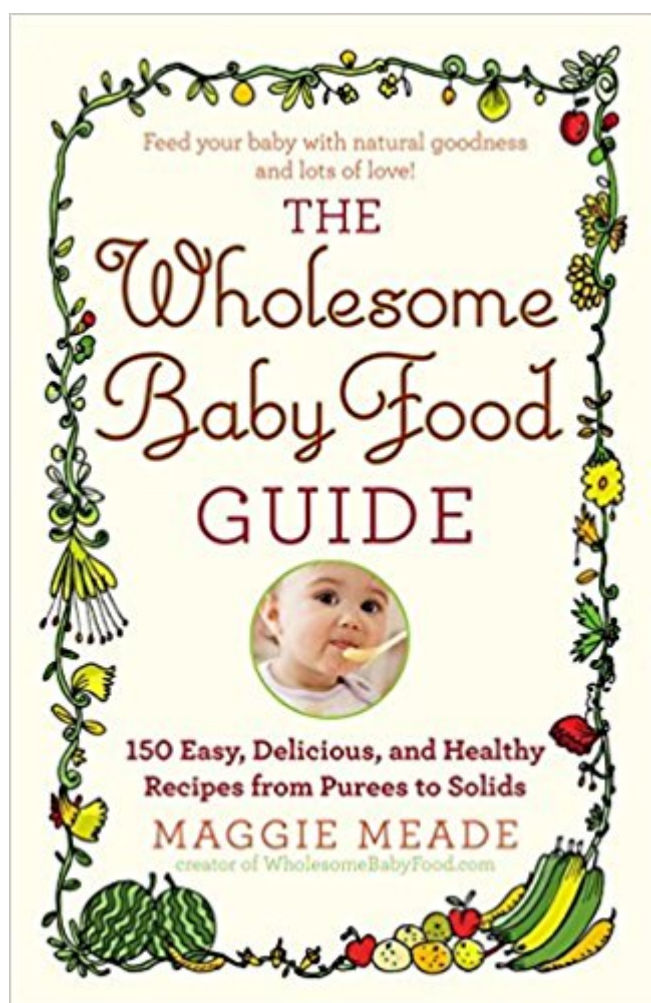


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# The Wholesome Baby Food Guide: Over 150 Easy, Delicious, And Healthy Recipes From Purees To Solids



## Synopsis

Filled with over 150 tasty recipes, information on nutrition, freezing food facts, allergies, myths, and best practices for introducing foods to your little ones, **THE WHOLESOME BABY FOOD GUIDE**, is based on the top-rated baby food website [WholesomeBabyFood.Momtastic.com](http://WholesomeBabyFood.Momtastic.com) created by Maggie Meade. This book has it all. It's the only book you'll need to easily create nutritious homemade baby foods and confidently nurture a healthy eater. Baby food can be fresh, vibrant and delicious when it's made easily at home - and made from foods the whole family enjoys too. Food for babies does not have to come from a jar and be tasteless, processed and bland. With more than 150 recipes, as well as storage tips, and allergy alerts, this is the only baby food book you will ever need. Maggie also reviews the three major stages of a baby's learning to eat: 4-6 months | 6-8 months | 8 months and beyond to toddlerhood. Written for parents and caregivers, Maggie knows the pressures of mealtime and the barrage of conflicting information on feeding babies; she made homemade baby foods for all three of her kids, including twins. 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 commercial baby food companies -- parents are getting into the kitchen!

## Book Information

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## Customer Reviews

“Readers will appreciate her easy approach to making purees, as she includes required tool lists, nutritional facts, and clear instructions for each recipe.” - The Library Journal  
Meade also breaks down what kinds of food to give baby at what age and how to spot a food allergy. Recipes are divided by age, which is really helpful. So, if the jar isn’t going to be your child’s source of baby food, this could be a good guide for making food yourself.” - Arizona Statesman  
From preparing baby’s first purees to serving full-fledged meals, this is the perfect cookbook for parents who want to get the new baby in the house off to the best start possible.  
“Her book is meant to be good for the baby, and fun for you and is just about the only book you need about feeding your child.” - Tucson Citizen  
“Maggie gives parents the courage to feel confident in the kitchen with her whip smart humor and gentle motivation. She’s not preaching here, she’s right there with you. She’s been there and done that with THREE BOYS!” - Christina S. founder of Take Back Your Table  
takebackyourtable.com  
A super combination - apple cranberry sauce is easy to prepare and can be enjoyed by the whole family.

Maggie Meade is a Mom of three boys and in 2003, she created the top-rated baby food website WholesomeBabyFood.Momtastic.com aka WholesomeBabyFood.com. A SheKnows.com Parent’s Choice 2010 Award winner, Maggie’s recipes and tips have been featured on such media and television outlets as WMUR (NH), TheBump, Momtastic.com, Babble.com, TheStir, EMAB, CafeMom, and (print) Women’s World weekly. Maggie also speaks to a variety of groups including MOMS clubs and the LaLeche League of the Sunshine State Conference 2013. She now blogs baby food and recipes at WholesomeBabyFoodGuide.com and enjoys maintaining the book’s Facebook and Instagram accounts. Currently working creatively in the digital marketing/website design space, Maggie enjoys cooking baby foods for other parents, volunteering, developing new meal plans and recipes, working with animals and hiking in the great outdoors. Her newest culinary challenge has her back in the kitchen, teaching her twins to cook.

Admittedly, I’m not the cook or the baby food maker in our house, my wife is, and she raves about this book. We purchased a couple of other books at the same time and returned all of them since this is the only book we use and need. You won’t be disappointed.

Really good book on what foods can be fed at what age, how to prepare fruits, vegetables and meats, how to spice up the food, food safety and storage, etc. I like how there are notes about how certain foods enhance each other, i.e. apples with chicken for maximum iron absorption. I also how

it covers the topics on problems that may arise with starting solids such as constipation and food allergies. Recipes are easy to make. My 9 month old started solids since 6 months and she has eaten everything so far!

I am so happy with this book and the concept of Baby led weaning. I have recommended this book to all my friends who are having children. I give it as baby shower gifts as well. It made feeding our daughter and soon our new son. I am a full time working mom(i'm an engineer) and I found it very easy to keep up with making home made baby food over the store bought stuff. 1 hour a week allowed me to feed our daughter the healthiest things possible. We try and stay with the organic, NON-GMO foods. I love the fact that my 2 year old will eat EVERYTHING and I really think Baby Led Weaning has helped foster that. Her go to snacks are veggies and the amount of blueberries we go thru is crazy. This book showed me when to introduce fun spices and the recipes were great cause i can make them for the entire family. Our favorite was the sweat potato risotto. This is a must have for any new mom.

I was so excited to start making my own baby food but most of the recipes out there start with more than one ingredient or are more advanced recipes - these will be great later on, but if you are just starting out, trying single ingredient recipes this is the book for you. This book breaks down everything about making your own baby food, from what utensils to get, to storing, charts on what foods to start with, etc. The companion website is also a HUGE perk!! This breaks recipes down into 4-6 month, 6-8 month, etc. and gives both simple, single ingredient recipes (and EXACTLY how to cook them!) as well as combination recipes. This has been SO helpful in helping me learn the basics on making my own food so that I became more comfortable to branch out and make more unique recipes! I check the website as well to get more information on different fruits and veggies, the chart on how well things freeze, etc. I checked out 4 different books from my local library on making your own baby food and never even ended up using three of them; the fourth one was this book and after a week, I ordered my own copy because I knew I would be using it non-stop and I have been for the last month! Awesome book and so easy to follow!

This is an excellent guide for introducing solid foods to your baby. It provides information on how to prepare everything for your child, as well as the science and reasoning behind preparation methods and the timing of introducing certain foods, which allows me to make educated decisions. While I supplement this book with recipes from other books and web sites, I return to this source for how

and when to introduce certain foods. For example: recipes will give you all of the options on preparation (steaming, baking, microwaving, to peel or not to peel, etc.) and describe the pros/cons of each so that you can make a decision on your own. This book presents the varying opinions that exist on what types of food to avoid and when to introduce certain things, again, allowing you to make a decision that suits you. The only reason I did not give it a 5th star is because on the Kindle version of this book, the charts are cut-off, so I don't have all of the information that this book provides. An improvement in the layout of the Kindle version would make this a 5-star review.

So far I love this book--it is exactly what I was looking for. The recipes for 4-6 months are simple but that is to be expected. The only thing I would really change is that I wish she was a little more specific sometimes. For example, she'll write bring \_\_\_\_ to a boil and add enough liquid until it is the right consistency for your baby...it would be nice to know a starting point though! I like all the information and recipe ideas in here though! For me it is easier to have it all in a book than having to look things up on the web.

BEST purchase I made for my little guy. I knew I wanted to make all of his baby food since it seemed like the healthiest option for us. This was like my baby food bible. Learned so much about how to offer him solids the first time. Skipped cereal for lack of natural nutrients and gave him sweet potato first pureed and mixed with lots of breastmilk. The recipes for all of the baby food combos were priceless. I ended up making all of his baby food - he never once had gerber and pouches just on occasion (i even made my own pouches). This book is a must. If you are on the fence about making your baby's food, I can promise you if you make large batches at once you will only be "cooking" for it max once a week. I would just make multiple things at once in large batches and freeze. So easy! Buy this book! I buy it for all of my pregnant friends!

Not only provides recipes but a variety of cooking methods for each recipe. And each recipe provides information if it can be made ahead of time and if it is freezer friendly or not. While providing information in choosing what type of food for baby food making. Also adding a basic fundamentals in baby food making like for instance how long to store baby food, what myths and fact in baby food, nutritional information, what to introduce at the various stages, forbidden foods and potential allergies, food safety, techniques and so much more. Sure they have a website with equal information but having a physical copy with you while making baby food a great tool to have. And constantly returning back to this book to see the various options to make food for my little one and so

far she love's the results. And having your mis en place ready making her food ahead of time very quick. In a day I have several options available for 2months.

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