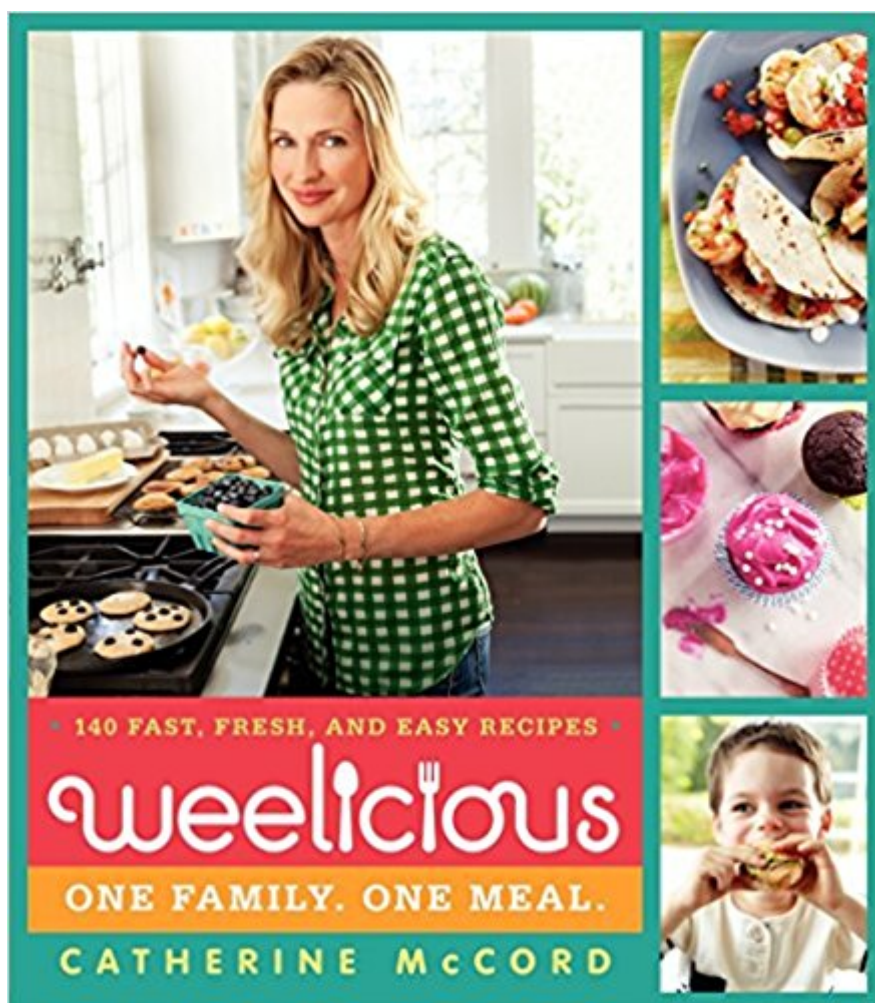


The book was found

Weelicious: 140 Fast, Fresh, And Easy Recipes



Synopsis

Every parent knows how difficult it is to get to get kids eating happily and healthily. Catherine McCord has the answer: *Weelicious!* Creator of the wildly popular blog *Weelicious.com*, Catherine, who honed her cooking skills at Manhattan's Institute of Culinary Education, strongly believes in the "one family/one meal" idea - preparing a single, scrumptious meal the entire family can sit down and enjoy together rather than having to act as "short order cook" for kids who each want something different. In *Weelicious*, she offers dozens of recipes and tips for creating quick, easy, healthy, and fun food that moms, dads, and young children of any age will absolutely adore - from the most persnickety infants to the pickiest grade-schoolers.

Book Information

Hardcover: 288 pages

Publisher: William Morrow Cookbooks; First Edition edition (September 18, 2012)

Language: English

ISBN-10: 0062078445

ISBN-13: 978-0062078445

Product Dimensions: 8 x 1 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 219 customer reviews

Best Sellers Rank: #80,096 in Books (See Top 100 in Books) #24 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #323 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy #1369 in Books > Parenting & Relationships > Parenting

Customer Reviews

"Catherine presents her delicious kid-friendly recipes in such a straightforward, fun, and friendly way, and *Weelicious* really is a one-stop shop for anyone who has little mouths to feed. Parents will love every page!" -Ree Drummond, *the Pioneer Woman*"I can't get enough of Catherine McCord's new book, '*Weelicious*.' It has great, healthy recipes that your kids will love!"- Heidi Klum"Catherine McCord, food blogger and author of *Weelicious: One Family, One Meal*, wants to make kids great eaters from an early age - and make life in the kitchen easier for parents. Her book gives parents advice on how to give kids the necessary balance in their diet."- Dr. Manny, *FOX News*"Turns out you don't have to be cooking for little kiddos to enjoy this lovely book. Catherine McCord did such a lovely job. It transcends kid food..." -Joy Wilson, *Joy the Baker*"Creamy, crunchy, sweet, or

savory, these healthy munchies from food blogger Catherine McCord's new cookbook, *Weelicious: 140 Fast, Fresh, and Easy Recipes*, will match any kid's mood." -Parents Magazine

"Nothing makes my kids happier than Catherine's Weelicious creations brought to life, and I'm so grateful to have the question "What do I cook for . . .?" answered in such delicious style. Weelicious is a godsend every mom needs this book!"

-Jennifer Garner

Our kids can be great eaters! After her son was born in 2007, Catherine McCord sought out resources to teach her how to prepare fresh, healthy, appealing meals for young kids but she came up empty. With culinary school under her belt and a hungry baby to feed, Catherine started Weelicious.com, a website that has since grown into a comprehensive offering of kid-friendly family meals. Complete with beautiful color photos, tips and tools, lists of pantry staples, feeding plans, and more than seventy new recipes never before seen on Weelicious .com, Weelicious makes it easy to get kids eating healthy foods from their first bite. Catherine teaches parents how to turn their kids into great eaters who appreciate food and are open to exciting new flavors. With Weelicious you will:

- Stop being a short-order cook
- whip up unique, delicious, and healthy recipes that everyone in your family, no matter what their age, will love.
- Inspire your kids to eat healthfully without resorting to sneaking or trickery
- discover a wealth of great tips for getting kids to eat just by paying attention to how their food is prepared and presented.
- Get kids in the kitchen from day one
- introduce kids to a variety of foods and include them in the cooking process to set them up for years of positive eating habits.
- Shop effectively (and make it fun)
- bring your kids to the farmers market or grocery store for a hands-on learning experience when it comes to meal planning.
- Give kids some choice
- strategically allow them to have more input and control over what goes into their bodies so they can "own" their choices.

From first-food favorites such as Sweet Potato-Coconut Puree and The Teething Cookie to family-friendly Veggie Nuggets, Rice Cooker Mac and Cheese, Chicken on a Stick, Shrimp Tacos, and Cheesy Chicken Taquitos to treats like Banana Bread Cake, Raspberry-Cream Cheese Heart Tarts, and Chocolate Velvet Beet Cupcakes, these recipes are perfect for little taste buds and sophisticated adult palates alike and best of all, every single recipe has been created with health and wholesomeness in mind. More than just a cookbook, Weelicious is the ultimate cooking bible for families a resource that will stand the test of time as the family grows!

Love this!!!! A perfect mix of ingredients even for picky eaters! Not boring, but not too crazy!!!
Seriously perfect mix!!!

Absolutely the best cookbook in my house now that I have kids. I have made most recipes in the book (have had it for a year) I think there was one recipe that wasn't a hit for the kids or family. Everything else is super tasty and super easy to use. I have since bought 3 more and given them as gifts to new parents!

As soon as I received the book, I started cooking! I made almost all of the baby purees for my 9 month old. She LOVES them! I tried them too and they are delicious. :-) MY 9 year old son also loved some of the purees. Our favorites seem to be the peas, banana and mint puree and the sweet potato with coconut milk. The latter is so creamy and sweet, it's like a pudding. The former, surprisingly, was delicious and the mint was great. I didn't think the baby would eat it as it could be a strong taste for a baby but she gobbles it right down. The recipes are simple to make, take not much time at all and they're nutritious too. My 5 older kids are enjoying the breakfasts too. We are making the apple oatmeal in a crock pot this weekend. They all loved the chocolate peanut butter pudding too.

I stumbled onto the Weelicious blog when looking for toddler recipes and though I find the name a little annoying, I really like Catherine McCord's philosophy and cooking style. She keeps things simple and flavorful, while promoting a variety of foods, natural ingredients and healthy eating. The "Weelicious" cookbook has become a staple in my house and any time I make a really good dinner my husband looks at me and asks, "Weelicious?" My mom even ordered a copy so she could make kid-friendly meals for all the grandkids. I've given two copies as gifts and so far it has been a hit with everyone. Now I'm just desperately awaiting the release of her "Weelicious Lunches" book!! Highly recommend to anyone, especially moms who want to make homemade, healthy meals that don't require a ton of time!

Very creative ideas here! So far all recipes have been winners.

Hmm. I felt like I had to filter through a lot of the recipes because they were not truly healthy. They are probably all healthier than eating fast food or processed foods but they rely heavily on meat and dairy which we are trying to minimize in our diet (we are not vegan). I just do not think tons of

cheese is healthy. So if you are lactose intolerant, vegan, or dairy free, this is probably not the cookbook for you. Very nice pictures though.

My wife and I have been on a mission to find a cookbook that is truly about cooking for children, not just dumbing down a bunch of recipes so that kid's will eat them. Weelicious is amazing in this regard. There are so many recipes that we would have never even thought of being for children that are laid out in this book.... and our kid loves them. Sure, not everything is an immediate hit with our 3 year old, but the presentation of the recipe and the ingredients used almost always encourage our child to at least try them. Our son has eaten things he never has before from beets to spinach, all without a complaint. My wife and I, as the big kids of the house, have also quite enjoyed the recipes. I would also recommend signing up for the Weelicious email newsletter to get more tips and recipes on a regular basis.

I have been a fan of the Weelicious blog since my kids were babies. I love that the recipes are simple, and healthy. I also love the way I'm always encouraged to bring my kids into the kitchen. Just got my copy of the cookbook and love it! The intro is so encouraging and offers a lot of insight into the way we feed our kids. I'm very impressed and so excited about this cookbook!! The pictures are gorgeous and fun. I highly recommend getting this book. One of my favorite weelicious recipes is Carrot Ginger Soup, so easy, healthy and yummy!

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

Weelicious: 140 Fast, Fresh, and Easy Recipes Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Ten Dollar Dinners: 140 Recipes & Tips to Elevate Simple, Fresh Meals Any Night of the Week Weelicious Lunches: Think Outside the Lunch Box with More Than 160 Happier Meals Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) The Daniel Fast: The Ultimate Guide To The Daniel Fast: recipes, Daniel diet, Daniel plan, Daniel fast for beginners, cookbook, vegan diet, vegan plan, prayer, fasting, weight loss The Six Sided Box: Fast and Easy Cooking: Microwave Cooking Simple Recipes Fresh Ingredients (perfect for busy moms and college students) Easy Korean Cookbook: 50 Unique and Authentic Korean

Recipes (Korean Cookbook, Korean Recipes, Korean Food, Korean Cooking, Easy Korean Cookbook, Easy Korean Recipes, Easy Korean Cooking Book 1) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living Camping Cookbook: Camping Recipes Made Easy: 50 Recipes! Featuring Foil Packet Recipes, Dutch Oven Recipes, Campfire Grilling Recipes, and Campfire Cooking Recipes Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) TravelsWithSheila Guide: Fast & Easy Atacama Desert, Chile (Fast & Easy Travel Book 15) Sheila's Guide to Fast & Easy Java, Indonesia (Fast & Easy Travel Book 9) Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice, Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making) FAST 2016 Motorcycle PinUp Calendar Digital Yearbook: Fast Dates World Superbikes, Iron & Lace Custom Motorcycles & Garage Girls PinUp Calendars (FAST Motorcycle PinUp Calendar Digital Yearbook) Fast Favorites Under Pressure: 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef) Fast and Fresh Baby Food Cookbook: 120 Ridiculously Simple and Naturally Wholesome Baby Food Recipes Bariatric Cookbook: Lunch and Dinner bundle 3 Manuscripts in 1 140+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein Lunch and Dinner Recipes for Post Weight Loss Surgery

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)