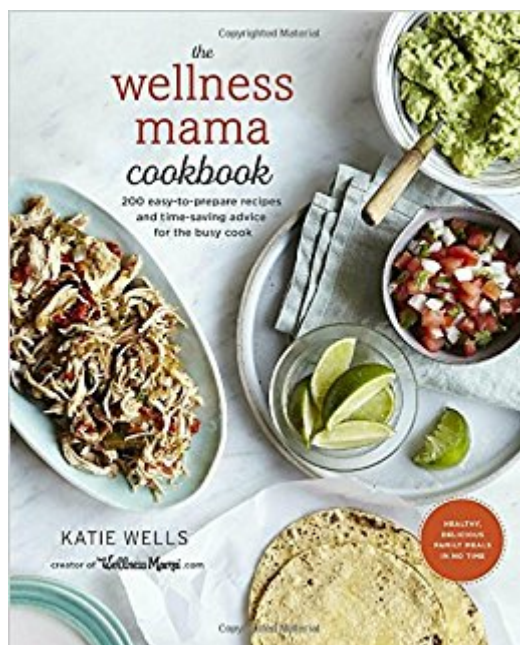




The book was found

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



Synopsis

A compilation of 200 simple, delicious recipes using all-natural ingredients; meal plans; time-saving tips; and advice that will take the guesswork out of dinner, from the creator of the popular Wellness Mama website. With six kids, a popular blog, and no free time, Katie Wells, 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 recipes and practical advice Katie offers in The Wellness Mama Cookbook will help you eliminate processed foods and move toward more healthy, home-cooked meals that are easily prepared—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; 1 edition (December 27, 2016)

Language: English

ISBN-10: 0451496914

ISBN-13: 978-0451496911

Product Dimensions: 7.6 x 1.1 x 9.4 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 139 customer reviews

Best Sellers Rank: #21,055 in Books (See Top 100 in Books) #50 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #68 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #401 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Katie Wells is an award-winning blogger, author, podcaster, and real-food crusader. Her mission with her popular website, wellnessmama.com, is to provide simple answers for maintaining healthier families through practical tips, real-food recipes, beauty and cleaning tutorials, natural remedies, and more. Katie was recently named by greatist.com as one of the one hundred most influential people in health and wellness. She can be found on Facebook, Twitter, Instagram, Google+, and Pinterest.

Sometimes my husband and I talk about the fancy meals I made before we had kids - and then we LAUGH and LAUGH at the idea of me trying to pull one of those meals off with our three littles ones running around the house. Fortunately, delicious doesn't have to be complicated, and this cookbook proves it. I've tried the Roasted Garlic Cabbage (A personal favorite), Mississippi Pot Roast (Oh. My. Goodness.), Chicken Piccata (My kids favorite), Sriracha Shrimp Lettuce Wraps (Served these on game day and my husband raved about them - also super quick and easy), and Chipotle Chicken Fingers With Honey Mustard (Now in permanent rotation). Everything was easy to make and got a thumbs up from my kids. Now, this next part should probably come with a "results may vary" disclaimer, but let me tell you what happened on the day I made the sriracha shrimp and my husband was watching his favorite football team play. Me: When the game is on commercial I have a big ask. Husband (hits mute): What's the ask? Me: Will you build me a platform bed like in this photo? My husband hit record on the t.v. and headed to the hardware store to pick up supplies. It's wasn't my birthday or our anniversary, but I had just made him a big plate of sriracha shrimp lettuce wraps that he raved about. Is he an amazing husband? Absolutely. Did the sriracha shrimp tip things in my favor? I'm gonna go with yes.

I am an avid reader of her blog and I pre ordered this book! The recipes are GREAT! I especially love the ones to make your own condiments! Yay for homemade ketchup without all the processed junk!!

As someone with an autoimmune disorder, it is fantastic to find a collection of recipes that are healthy and tasty, along with advice on what to eat!

I LOVE Katie and all her online resources. I make all homemade products from personal to cleaning products thanks to all her recipes! She had been such an inspiration to me!! So her cookbook was a

"no brainer"! The cookbook, itself, is well thought out and easy to follow. It has been a go to book for me. I have t found a recipe yet that's failed to taste great and has been easy to put together. Thanks Katie!

I (Mrs Robs) have really enjoyed this cookbook. We've made a few recipes and mostly been very pleased. A few I don't know if I'd repeat but all in all I'd recommend if you are looking for unprocessed and clean eating cookbook.

This is a wonderful cookbook. It is very informative with great pictures and easily understood recipes. We made the One-pan Pakistani Kima and it was fantastic, we can't wait to try some of the other recipes we have picked out.

This is seriously the BEST cookbook I've ever purchased. Everything in it looks amazing and what I've made so far is delicious, easy to make and uses simple ingredients you probably already have. If you've been searching for a single source of whole-food based, grain free, simple recipes, this is it. There are a couple of recipes that use vegetables I don't use like kholrabi and rutabega but they look so good I'm willing to try new things.

Out of my stack of fabulous recipe books this is currently my favorite. I've made so many of the quick, easy and nutritious recipes in this book!

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

The Wellness Mama Cookbook: 200 Easy-to-Prepare Recipes and Time-Saving Advice for the Busy Cook Instant Pot Recipes Cookbook: 300 Healthy Mouth-Watering Instant Pot Recipes, Quick & Easy Prepare Recipes For Professional Busy Working People and Your Family! Less Time To Cook! More Time To Enjoy! 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) 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) Yo Mama Jokes Encyclopedia -The Worlds Funniest Yo Mama Jokes: Yo Mama Jokes, Jokes and Riddles, Humor, Jokes For Kids, Comedy, Best Yo Mama Jokes Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Best Wok Recipes from Mama LiÃ¶â -â„,çs

Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1)
Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories MAMA: a TRUE story, in which a
BABY HIPPO loses his MAMA during a TSUNAMI, but finds a new home, and a new MAMA 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) 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) Easy Asian Cookbook: 200 Asian Recipes from Thailand, Korea, Japan,
Indonesia, Vietnam, and the Philippines (Asian Cookbook, Asian Recipes, Asian Cooking, ... Thai
Recipes, Japanese Recipes Book 1) Easy Vietnamese Cookbook: 50 Authentic Vietnamese
Recipes (Vietnamese Recipes, Vietnamese Cookbook, Vietnamese Cooking, Easy Vietnamese
Cookbook, Easy Vietnamese Recipes, Vietnamese Food Book 1) Easy Spring Roll Cookbook: 50
Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll
Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) Dinner Made Easy with Six
Sisters' Stuff: Time-Saving Recipes for Busy Moms American Heart Association Quick & Easy
Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating
Well Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy
People (Dump Cakes and Dump Dinners, Dump Dinners Cookbook, Quick Easy Meals) CROCK
POT: Delicious Freezer Meal and Dump Meal Recipes for Busy People (Crock Pot, Crock Pot
Cookbook, Crock Pot Recipes Cookbook, Crockpot Cookbook, ... Dump Meals, Crock Pot Freezer
Meals Book 1) Salmon Recipes : 50 Delicious of Salmon Recipes (Salmon Recipes, How To Cook
Salmon, Salmon Cookbook, Making Salmon, Salmon cookbooks) (Karen Gant Recipes Cookbook
No.1) The Hoosier Mama Book of Pie: Recipes, Techniques, and Wisdom from the Hoosier Mama
Pie Company

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)