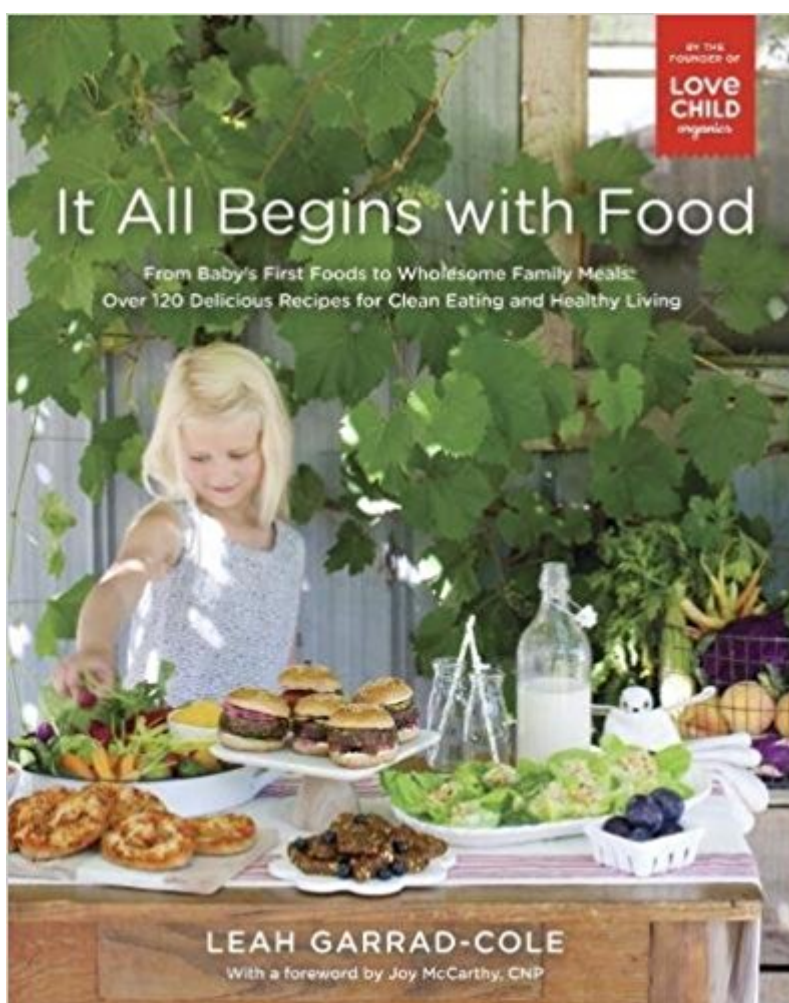


The book was found

It All Begins With Food: From Baby's First Foods To Wholesome Family Meals: Over 120 Delicious Recipes For Clean Eating And Healthy Living



Synopsis

From Leah Garrad-Cole, founder of the prominent Love Child Organics brand of baby and children's foods, comes an all-occasions first book of recipes and parent-tested advice on how to feed your children wholesome and delicious foods that the entire family will enjoy. *It All Begins With Food*. That's the Love Child Organics motto, a philosophy that was born of the desire to provide delicious and nutritious foods for babies and children and to encourage a lifelong love of healthy eating. Leah Garrad-Cole's cookbook expands on this mission, providing simple-to-make, healthy recipes for everything from baby foods to baked goods, and finger foods to family meals. You'll find inspiration for preparing the everyday essentials--breakfast, lunch, and dinner--and innovative ways to create healthier versions of processed foods and celebratory treats for special occasions, as well as tips on stocking your pantry so you're ready for anything. Leah's own experiences as a mother and special education teacher have taught her how and what kids like to eat best. With an unwavering focus on replacing ingredients that have little nutritional value with ones that are nutritionally dense, the book includes a range of delicious recipes, from Cheesy Veggie Mash, Roasted Sweet Potato Fries, Mini Baked Frittatas, and Chunky Chicken Noodle and Superfood Soup, to Overnight Strawberry Cocoa Oatmeal, Omega Monkey Milkshake, and Raspberry Vanilla Heart Cookies. Leah also provides recipes for supermarket favorites, like Cheesy Little Crackers, allowing families to consume homemade versions of everyday staples without having to spend too much time in the kitchen. Her adaptable, easy-going recipes and tips will be invaluable to anyone with young children. Packed with vibrant photography, up-to-date information, and practical advice on how to encourage healthy family eating, this book will quickly become a go-to guide for cooking with love: of food and family.

Book Information

Paperback: 272 pages

Publisher: Appetite by Random House (April 25, 2017)

Language: English

ISBN-10: 0147529999

ISBN-13: 978-0147529992

Product Dimensions: 8.1 x 0.8 x 10 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #425,335 in Books (See Top 100 in Books) #65 in Books > Cookbooks, Food

& Wine > Special Diet > Cooking for Kids #81 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #1236 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

“I wish I had had this book when I was introducing foods to my daughter.” — Joy McCarthy, CNP, holistic nutritionist and author of *Joyous Health* — “Jam-packed with nutrient-dense, whole-food recipes and essential tips for stocking your pantry with clean, nutritious ingredients. A must-have resource for parents who want to shop for and prepare delicious, nourishing meals for their young children (and themselves!).” — Leslie Beck, registered dietitian, *Globe and Mail* columnist, and best-selling author — “Packed with ‘real’™ meals using wholesome, everyday ingredients, *It All Begins with Food* makes healthy cooking simple and scrumptious, even for picky eaters! It’s a gorgeous book and a great resource for all parents hoping to instill positive eating habits in their children. I’d sure love to be a kid at Leah’s house!” — Greta Podleski, best-selling cookbook author, *Looneyspoons* — “An essential cookbook for all parents. From figuring out what those first spoonfuls should be to making easy, healthy bites for toddlers, feeding little ones can be daunting. Leah takes the stress out of it all with her understanding of nutrition and food and, most of all, her love of family.” — Ceri Marsh and Laura Keogh, *The Sweet Potato Chronicles* — “Eating, and especially making, clean, wholesome food can be a challenge! *It All Begins with Food* takes that challenge and runs with it, offering easy, fun, and dynamic wholesome family-friendly recipes. This isn’t just a cookbook, it’s a way of life!” — Catherine McCord, founder of *Weelicious* and *One Potato* — “I’m not surprised by the excellence of this book. I invested in Leah because she combines tremendous talent with a passion to make a difference. I’m so glad she came on *Dragon’s Den*.” — Dave Chilton, author of *The Wealthy Barber*

LEAH GARRAD-COLE is the founder of the highly successful Love Child Organics brand of baby and children’s foods. An entrepreneur, mother, and former special education teacher, Leah currently resides in Whistler, BC with her husband and two young children.

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

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book *It All Begins with Food: From Baby’s First Foods to Wholesome Family Meals: Over 120 Delicious Recipes for Clean Eating and Healthy Living* Clean Eating: Clean Eating Diet: The 7-Day

Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Clean Eating Made Simple: A Healthy Cookbook with Delicious Whole-Food Recipes for Eating Clean Fast and Fresh Baby Food Cookbook: 120 Ridiculously Simple and Naturally Wholesome Baby Food Recipes Fast & Fresh Baby Food Cookbook: 120 Ridiculously Simple and Naturally Wholesome Baby Food Recipes Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Toddler Diet: Nutrition and Balanced Diet for Toddlers(toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for children, toddler recipes, baby food recipes) Toddler Diet: Nutrition and Balanced Diet for Toddlers(toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes, baby food recipes) (Volume 1) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook ((Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating,) The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) The Clean Eating Slow Cooker: A Healthy Cookbook of Wholesome Meals that Prep Fast & Cook Slow Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)