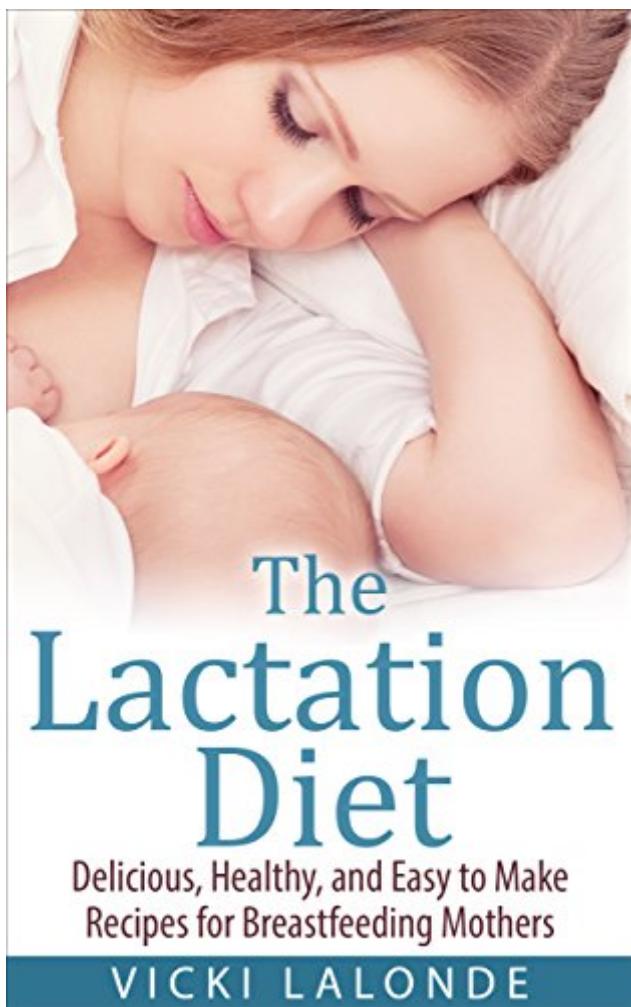


The book was found

The Lactation Diet: Delicious, Healthy, And Easy To Make Recipes For Breastfeeding Mothers



Synopsis

Breastfeeding is one of the most effective ways to ensure child health and survival. The 50 recipes in this book all focus on you, the new mom. There are five recipes for a healthy meal, 32 recipes for booby smoothies, 11 recipes for a fun drink for new mommies, and two miscellaneous recipes. With 32 recipes for booby smoothies, you can make a new one each day of the month. Recipes You Will Discover Inside Mommy on the go Bars (Energy Bars) Banana Fat Booby Buster Chocolate Walnut Booby Smoothie Detox Booby Tea Not so Bloody Mary Mommy's Night Out Margarita Would You Like to Know More? It is important to take care of yourself while you are nursing a newborn. The recipes in this book are healthy, easy to make, and a fun treat. Make one today to help you stay healthy, nourish your body, and for a quick pick-me-up when you need one. Where else can you find 50 recipes just for moms that are lactating? Scroll up and grab your copy of The Lactation Diet now!

Book Information

File Size: 1833 KB

Print Length: 60 pages

Publication Date: April 7, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00VU6XUTG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #379,199 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Baby Food #95 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #398 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting > Babies & Toddlers

Customer Reviews

I am going to give birth to a little one soon so figuring out what to eat to enhance the vitamins in my breast milk has been a struggle. But the recipes in this book are really self-explanatory and tasty!

My wife loves this book. She is always looking out for the little ones and this is a great way to make

sure her milk is full of nutrients!

My wife loves this.. Her favorites so far:- Frootie Tootie Smoothieand-Minty Booby Smoothie

Great recipes with essential nutrients for my little one :)

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

The Lactation Diet: Delicious, Healthy, and Easy to Make Recipes for Breastfeeding Mothers

Difficult Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship)

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy

And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) Vegan:

Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG

Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ...

HCG Diet for Beginners, HCG Phase 3) Drugs During Pregnancy and Lactation, Third Edition:

Treatment Options and Risk Assessment (Schaefer, Drugs During Pregnancy and Lactation) 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)

Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)

Healthy Appetizers: Easy to Make. Low Carb, Low Fat, Low Calorie Appetizers (Atkins diet, dash diet, ketogenic diet, keto, candida, lyme disease, fibromyalgia,south ... beach diet, TLC diet, Gluten

Free, Paleo) Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet

Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss) Ketogenic Diet:

Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss,

ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day

Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Paleo Diet: 365 Days of

Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet

Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes)

Pregnancy:The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy,

Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children, parenting, toddlers ... diet, Breastfeeding, Newborn, Infant Care) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide)

[Dmca](#)