



# **The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids**

*Maggie Meade*

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## **The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids** Maggie Meade

Baby food doesn't need to be tasteless, processed and in a jar. It can be fresh, vibrant and delicious. In **THE WHOLESOME BABY FOOD GUIDE**, Maggie Meade will show you how easy it is to feed your baby homemade goodness.

Based on the top-rated baby food website, **THE WHOLESOME BABY FOOD GUIDE** is filled with carefully researched information on nutrition, allergies, myths, and the best practices for introducing foods to your little ones. With more than 150 recipes, as well as storage tips, and allergy alerts, Meade reviews the three major stages of a baby's learning to eat: 4-6 months, 6-8 months, and 8 months and up.

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 Gerber--parents are getting into the kitchen!

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# **From Reader Review The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids for online ebook**

## **Lindsay says**

This book was ok. It was useful for recipes, but the guidance at the beginning is scant, and did not answer most of my "why" or "is this ok" questions. Lots of "just ask your doctor," which I understand for liability reasons, but... I'm reading books so I don't have to bother the doctor about everything!

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## **Tracy says**

I thought it was a good book. In truth I only read half, since the other half is just recipes for different stages. The half that I did read was very informative. I really enjoyed the information of the nutrient breakdown to see how much a baby really needs of zinc, iron, etc. I enjoyed that since I don't know how much my little guy should be getting and it is nice to have some guidelines. The one drawback I find with this book, is if you follow her website, you will know about 75% of the things described and written about in the book. Although you would have to search on her site for it, so it is nice to have a quick reference book when needed. Also I personally think most of the recipes in the first stage are rather obvious-not sure why she made all the cute names for a pureed banana or avocado. The rest of the recipes look decent-excited to try them when my little guy is old enough!

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## **Jen Lynn says**

This is a great book for anyone who wants to make their own baby food. The first part is informative, with general info on infant feeding, including nutritional info, how to introduce solids, info on poop and how to treat diarrhea and constipation, general info on making baby food and storing it, etc. The rest of the book contains recipes and tips for making baby food, grouped by age. The recipes start out easy and increase in complexity throughout. There's a wide variety of cooking techniques and types of food included. This was very informative, included all the necessary info especially for a first timer, and made making a variety of baby food easy and fun! Highly recommended.

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## **Shannon says**

A must read for any parent making their own baby food. This book was a godsend with my twins

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## **Jessica Thomson says**

This is a fantastic book for ideas for making your own baby food. I bought it when my kiddo was about eight

months and I was stumped about moving on from straightforward fruit or vegetable purees. This is an excellent resource for adding spices, creating combinations, and adding meats and dairy. I jumped into a few recipes and then went back and read the earlier chapters. I was glad I went back and read the first part, it answers all those nagging questions and provides great tips and lots of information. I'm very happy to have this baby cookbook for ideas and advice.

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### **Christina says**

I love this book! I'm recommending it to all my patients at work!! It explains how to prepare food and what to give at various age groups. In general you blend the food and freeze the food in ice cube trays. Each cube is about an ounce. Store the cubes in freezer bags and thaw out when needed! Much of the frozen food is good for about 2 months. The book also has a website. The website just lists recipes, the book categorizes the recipes by age. Goes along with much of the AAP food recommendations/allergy issues.

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### **Brittany Hodson says**

I feel so much more confident after reading this book about feeding solids to my baby. I feel like it's complete information and I won't need to research elsewhere. It is filled with tons of practical and easy recipes my baby will surely love.

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### **Michelle says**

Great guide for parents to navigate the sometimes precarious realm of making healthy food for little ones. I found the overall tone very inviting, in a kind of "you can do it" way. The recipes range from basic (pureed fruit) to somewhat fancy (add some curry, he'll love it!) which is helpful for parents who may be afraid to add "adult" seasonings/tastes to their children's food (me!)

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### **Ellen says**

This book is a wonder. It explains in minute detail how to start feeding a baby solid food. Perfect for a neurotic mom like me!

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### **Andrea says**

This book was great at helping me make recipes. I knew once I had my baby that I wanted to make her food myself. I was so excited to have my daughter taste new flavors but I didn't know how to cook some of the food. This book helped provide me with tips and recipes as to how to do it. There are some food combinations that I wouldn't normally have thought of but after you make them they make complete sense. I highly recommend this book to any parents out there looking for some help introducing their baby to solids.

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## **Slayermel says**

This was a fantastic reference book for me, I very much wanted to make my own baby food and with the help of this book it was a great success. My daughter loved the food and it was so easy to follow the instructions. After having done it I can't understand why more people don't, it worked out to be so much cheaper for our budget and took hardly any time at all. The book gave lots of great tips on making multiple batches at once to also conserve on energy as well as your personal time.

The book was also filled with useful tips on treating constipation etc... Using fruits, vegetables and so on. It became a lot of fun once we reached stages 2 and 3 and we're able to start experimenting with spices and blending foods together to create new flavours and meals.

I would recommend this book to any new parent and even ones who would like to try making their own food this next time around. Have fun with it! I especially loved that the author is a mom herself and is coming at you with her own experiences and does not make you feel like a horrible parent if you didn't stick strictly with home made food. She's down to earth and makes it fun.

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## **Julie says**

Very informative and easy to read. The author compiles a lot of information and deals very fairly with a variety of views and opinions. I really appreciated that she was nonjudgmental and not preachy. She presents facts and occasionally shares her personal experience, but keeps her own opinions about potentially judgement-heavy topics like organic vs. regular and breast milk vs. formula completely to herself. Also, the recipes sound completely doable and delicious.

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## **Tamara says**

Really great and comprehensive info. More into BLW, but I may use some ideas, especially the charts of which foods to try first.

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## **A. says**

Good, non-pushy, seemingly well-researched overview of introducing solids to your baby. After doing my own research, I was pleased to see that the author wasn't a fan of rice cereal either. I also like that she talks about introducing solids to babies between 4-6 months as simply *tasting*, not replacing the breastmilk or formula that should still be baby's main source of nutrition. Tasting makes this introduction a lot simpler and more fun.

The first half of the book is dedicated to discussing solids, including the latest research and recommendations; allergies and other reactions; sanitary guidelines and storage, and time-saving food planning. I like that there is a comprehensive list of what foods freeze well, too.

The second half is devoted to recipes, starting with just one or two ingredients, progressing to more complicated ones.

For a parent like me who didn't know much about this process, this is a solid (har, har) overview and a resource I'm certainly going to revisit as my kidlet embarks on her food journey.

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### **Jillian says**

A well-organized, refreshingly written guide packed with clear, helpful information. I've only tried a few of the recipes so far (so I'll try to remember to return and make updates here), but I've already learned quite a bit, and not just about baby feeding stages, but tips and trivia about different produce as well.

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