



Healthy Eating: The Toddler Through Pre-K Years: Meal Ideas and Concepts for Health Conscious Parents (Healthy Eating for Babies Book 1)

Francine Freise MBA

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For those days when an airplane couldn't get you there on time, healthy meals no longer need to be a competing priority. From healthy substitutions to parenting experiences (good and bad), these ideas and concepts will help you optimize your time without compromising results. In addition, each section contains tips that have been proven to transform stressed-out mom to supermom in no time. Spoiler alert...there are no magic recipes in this book, only real life examples of what has actually worked for health conscious moms and dads.

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