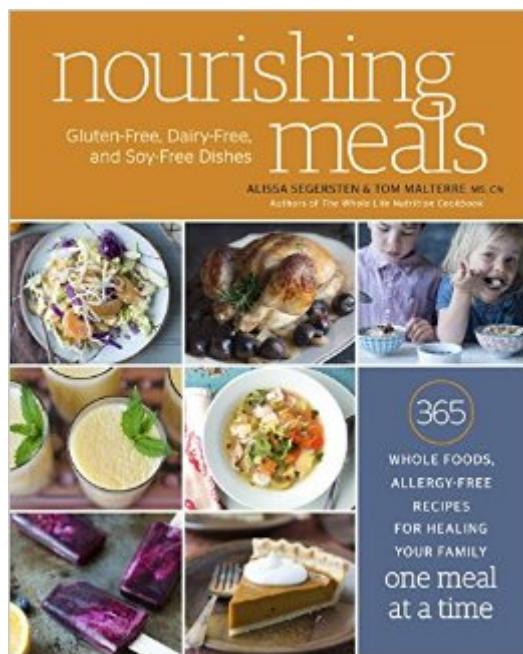


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# Nourishing Meals: 365 Whole Foods, Allergy-Free Recipes For Healing Your Family One Meal At A Time



## Synopsis

From two popular bloggers and leaders in the functional medicine movement, hereâ™s the ultimate guide to eating healthfully as a familyâ "a simple, practical cookbook that shows how easy it is to ditch processed foods one meal at a time with 365 delicious, whole food-based, allergen-free recipes that the entire family will love.â It can be daunting to live a whole foods lifestyle in todayâ™s busy worldâ "even more so to prepare plant-rich, allergen-free meals thatâ™ll get the whole family around the table. Popular blogger Ali Segersten and functional medicine expert Tom Malttere are a team devoted to teaching their childrenâ "and readersâ "the importance of living a whole foods lifestyle. Nourishing Meals makes it easy and fun with dishes that burst with flavor, such as their Cherry Pecan Salad, Butternut Squash and Pinto Bean Enchiladas, Chipotle-Lime Roasted Chicken, and Banana Coconut Cream Pie. â Every recipe in the book is free of the most common allergens: gluten, soy, eggs, and dairy, as well as refined sugar. And these dishes are designed to appeal to everyone, including vegan, vegetarian, seafood, and meat-eaters. In addition to wonderful food, Ali and Tom offer easy, doable steps to help you change your family's health, tips for making the transition easier, and ways to get the kids excited about wholesome foods. They map out the best foods and recipes for every stage of having a family, from pre-conception and pregnancy through each year of a child's life. And they explain in accessible terms what makes their recipes so effective for achieving optimal health. Originally self-published with an avid following, this edition will feature more than 30 new recipes, and many of the original recipes have been updated. This new edition will also include 100 beautiful all-new food photos featured in two inserts. â With an easy, tasty recipe for every day of the year, itâ™s never been simpler to adopt a healthy, whole foods lifestyle!

## Book Information

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