



The Everything Paleo Pregnancy Book: The All-Natural, Nutritious Plan for a Healthy Pregnancy (Everything Series)

Tarah Chieffi

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When it comes to eating healthfully, modern moms face constant challenges. Unnatural and unhealthy processed foods - many touted as "healthy" or "low-fat" - are everywhere, and they make eating a balanced diet particularly difficult. But millions of women have improved their diets with the Paleo lifestyle, and now pregnant women can, too! *The Everything Paleo Pregnancy Book* shows you how to follow the Paleo diet during pregnancy and beyond - safely and successfully. With this pregnancy companion in hand, you'll learn how to:

- Tailor the Paleo diet to meet your pregnancy needs
- Add the freshest, healthiest foods to your diet
- Combat cravings and morning sickness
- Exercise safely, both before and after birth
- Provide your body with the nutrients it needs for breastfeeding

Here's all you need for a healthy Paleo pregnancy - realistic meal plans, 125 delicious recipes, and steps for transitioning the diet for a post-pregnancy body. You'll be vibrant, fit, and happy while nourishing your baby and promoting healthy development.

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