



# **Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy: Quick and Delicious Meals-on-the-Go Packed with the Nutrition You and Your Baby Need**

*Fiona Wilcock*

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# Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy: Quick and Delicious Meals-on-the-Go Packed with the Nutrition You and Your Baby Need

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**Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy: Quick and Delicious Meals-on-the-Go Packed with the Nutrition You and Your Baby Need** Fiona Wilcock

An optimal supply of vitamins and minerals is important in any diet but nutrient needs increase dramatically during pregnancy and are critical for ensuring baby's healthy development. However, common pregnancy complaints such as nausea often make eating properly difficult. Smoothies, juices, and soups provide a easy and digestion-soothing way to get essential vitamins and minerals—and can be prepared quickly and easily. *Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy* provides over 100 recipes developed to meet the nutritional needs of pregnant and nursing women, ease pregnancy complaints such as nausea and sleeplessness, and keep moms-to-be nourished and energized.

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