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# Annabel Karmel's New Complete Baby And Toddler Meal Planner: 200 Quick, Easy And Healthy Recipes For Your Baby.



## Synopsis

Credited with starting a food revolution, the New Complete Baby & Toddler Meal Planner has become the 2nd best-selling non-fiction hardback of all time. And now, this special enhanced edition of Annabel's global bestseller is filled with brand new recipes, updated favourites and timeless classics relied on by an entire generation. From Annabel's famous chicken and apple balls, to her new superfood puree combos, each recipe is guaranteed to tempt even the fussiest of pallets. Coupled with essential advice, tips and meal planners, this is the No.1 guide for giving your baby the very best start. Plus, the 25th Anniversary Edition includes a handy pull-out weaning chart. The New Complete Baby & Toddler Meal Planner provides you with everything you need to enjoy this exciting milestone in your child's development. It also makes for the perfect gift for mums-to-be, and those about to start their weaning journey Inside you'll find: \* Over 200 quick, easy and nutritious recipes for weaning and beyond \* Essential nutritional advice for babies and toddlers \* Time-saving tips \* Easy-to-follow meal planners to help you shop and plan ahead \* Handy pull-out weaning chart "Her recipes prove that babies and toddlers will eat their greens - and much more - if served up in imaginative ways" Daily Telegraph "A mother who does not have at least one of her books in her kitchen should waste no time putting that right" The Sunday Times

## Book Information

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## Customer Reviews

Annabel Karmel: Mother of three, Annabel Karmel MBE is the UK's No.1 children's cookery author, bestselling international author, and expert on devising delicious, nutritious meals for babies children and families. Since launching with The Complete Baby and Toddler Meal Planner more

than 20 years ago, Annabel has written 42 books, which have sold over four million copies worldwide, covering every stage of a child's development. In fact, Annabel's very first book is one of the UK's bestselling nonfiction books of all time.

I couldn't be more pleased with this purchase. After he turned one my son became very picky about what he ate. It was a very stressful time for my husband and myself and, after we landed in the rut of giving him the food he liked long enough for him to get tired of it, I decided to do something about his eating habits ... hence this purchase. The first meal I made was the animal pasta with salmon and broccoli. My son had never before been interested in eating salmon if it wasn't mashed to a pulp, and I remember telling myself that there was no way he was going to even look sideways at the broccoli. Imagine my surprise when, after a few seconds of staring at his plate suspiciously, he started gobbling up everything I put in front of him. Since that day I have tried a lot of the recipes and, apart from one or two (where I might not have followed the instructions sufficiently closely), I have not have any trouble getting him to empty his plate. Many times he even nags for a second portion. I don't know what the author does to make the veggies and fish so appealing to kids, but it has certainly won over my picky little eater.

Maybe it was just my baby but I found that a lot of the recipes didn't taste nice even for me! I made the macaroni and cheese and my baby gagged from it. I also didn't love it! I think it's just easier to give your baby whatever your are eating as long as healthy. Might give some ideas to more simple recipes.

There's a lot of equally good stuff out there so don't stop here. But do start here. Great recipes and easy to follow.

Lots of easy to prepare recipes and ideas for feeding my little one. He's now almost 1 and is a fantastic eater! Loved experimenting with garlic & herbs at such an early age.

Really good book, lots of recipes and makes lots of sense. Common sense guide to feeding your baby! Mine is loving his food, can't feed him quick enough and there is nothing he doesn't like so far.

I bought this for our daughter after the birth of her first child. It is so helpful, practical and sensible

with great family recipes.

Fabulous recipes for kids and grownups alike as well as a great guide to what babies can eat and when. Indispensable! The best baby book I have bought.

I persevered with this book after several recipes were rejected by my toddler (who usually eats anything). He visibly recoils with many (not all) dishes in his book. That aside, I don't have time to cook these lavish meals that have ingredient lists as long as my arm, the recipes require using every dish in the darned kitchen and some of them require three step or more processes which span the entire day. What mother has time for this? Any time I cooked one of her recipes, my kitchen looked like a bomb had hit it, I was exhausted, my toddler hated the food and after hours of cooking, had to turn around and make something else for him to eat. I wouldn't even make dishes this involved for dinner guests. Not impressed at all. Also the measurements were useless. I was forever converting into cups or spoons.

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