



Mila's Meals: The Beginning & The Basics

By Catherine Barnhoorn

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Awards

- *2017 Gourmand World Cookbook Awards - Winner - Self-Published Category
- *2016 London Book Festival - Runner Up - Cookbook Category

Mila's Meals: The Beginning & The Basics is a 500-page collection of over 100 gluten-free, sugar-free and dairy-free wholefood recipes and food ideas for baby's first years (and the rest of the family too).

Part cookbook, part nutrition encyclopedia, part journal of the author's journey into motherhood, *Mila's Meals* is a call to action for every parent to be conscious of what they are feeding their little ones, providing a guideline on how to achieve this as effectively, effortlessly and joyfully as possible.

Having healed herself from various autoimmune conditions through diet and organic, holistic living and having to raise a child with food intolerances, Catherine set to work educating herself and getting creative in the kitchen. Now an Integrative Nutrition Health Coach, her passion to empower parents to make informed decisions with regards to how they nourish their children (and themselves) is captivated in this honest, soulful, wholesome book.

If you are a new Mama or know anyone who is; if your child has food allergies or intolerance's; if you plan to raise your children on a 'free from' diet or if you would simply like to nutritionally educate yourself then this is the book for you.

Color photos for every recipe and a wealth of information including:

The Why

- * The truth behind common infant food fallacies
- * The why, what and how to begin your little one's life-long relationship with food.
- * An expose of what is really in that convenient, ready-made food and the affect it has on your child physically, mentally and emotionally.
- * The importance and maintenance of gut health.
- * Why not gluten, dairy and sugar.

The What

- * Essential nutrients, the role they play, and where to find them.
- * A detailed glossary for every ingredient used in the book.

The How

- * Over 100 (mostly) uncomplicated recipes made with easy-to-find ingredients.
- * A re-introduction of essential traditional foods & food preparation techniques (like sauerkraut, slow-cooked bone broths as well as how and why to soak grains).
- * 'Do-able' meals for working parents - all the food can be made in bulk and frozen.

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Editorial Review

Review

"At last, a wonderfully creative and thoroughly well researched work of immensely helpful and beneficial guidance, for us as parents!

In today's information age nutritional concepts can be all too confusing, especially when the information is focused on 'what' to eat, rather than exploring and understanding the 'why'.

This book introduces important and comprehensible 'why's' of applying food as your medicine, while at the same time, offering truly sumptuous and easy to follow recipes."

- *Dr. Jon Morley (MBChB)*

"This well-researched and masterfully created book is a true gift to aware parents who want to give their children the best start to life."

- *Dr Hanna Grotepass (MBChB), Homeopath, Synchronization Harmonics Practitioner*

"Catherine has managed to fit a veritable encyclopedia worth of knowledge and wisdom into this beautiful book.

As a mother, I will value this resource for referring to time and again when preparing food for my family. I will turn to it when deciding on the best choices, in terms of personal and environmental health, while shopping and preparing delicious, healthy meals for my loved ones." - *Esme Morley (a Mom)*

"This massive book is a mother-daughter team work. It shares much nutrition information and tips, plus one hundred recipes. The photography is delightful. This is an excellent book."

Edouard Cointreau, President of the Jury - Gourmand World Cookbook Awards

About the Author

Catherine is Mom to Mila and a Certified Integrative Nutrition Health Coach. Catherine healed herself from various autoimmune conditions through diet and organic, holistic living. She is deeply passionate about empowering parents to make informed decisions with regards to what they feed their children and themselves. Catherine sees her, and her daughter's, food intolerances as a blessing which has led them down a path of learning, discovery and good health - which will hopefully stand them in good stead for years to come.

Users Review

From reader reviews:

Anthony Pisano:

Reading a publication can be one of a lot of pastime that everyone in the world adores. Do you like reading book and so. There are a lot of reasons why people enjoyed. First reading a e-book will give you a lot of new information. When you read a e-book you will get new information because book is one of numerous ways to share the information or even their idea. Second, examining a book will make a person more imaginative. When you studying a book especially fictional works book the author will bring you to imagine the story how the character types do it anything. Third, you can share your knowledge to other individuals. When you read this Mila's Meals: The Beginning & The Basics, you may tells your family, friends and soon about yours reserve. Your knowledge can inspire different ones, make them reading a publication.

Fred Swett:

Typically the book *Mila's Meals: The Beginning & The Basics* has a lot of information on it. So when you check out this book you can get a lot of benefit. The book was authored by the very famous author. This articles author makes some research ahead of write this book. This specific book very easy to read you can get the point easily after reading this book.

Kristen Zamora:

Is it a person who having spare time then spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This *Mila's Meals: The Beginning & The Basics* can be the solution, oh how comes? It's a book you know. You are therefore out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these textbooks have than the others?

Dollie Simmons:

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