

## Eating For Two The Complete Guide To Nutrition During Pregnancy And Beyond

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Breakfast: Tomato and Spinach Omelette - 430 cals. Beat 2 medium eggs and 1 tbsp milk together with a pinch of pepper. Heat the oil in a frying pan and tip in the egg mixture. Once eggs are almost set add 3 halved cherry tomatoes and 60g baby spinach and cook until the spinach has just wilted.

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Eating For Two presents a common-sense approach to nutrition for the mom-to-be and her baby. It contains a wealth of information about what is going on in the mother's and baby's bodies during each phase of pregnancy, as well as tips on how to deal with some of the challenges such as morning sickness, food cravings, heartburn, and sleeplessness.

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Choose a good quality dog food with an easily digestible recipe (such as chicken and rice) and choose a specialist food which is nutritionally complete (which does not require additional foods to be added to it). It is best to avoid changes in your puppy's diet, so if you find a product that works for your puppy, stick to it.

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With Annabel's specialized advice and more than ninety simple, fabulous recipes, Eating for Two will give you the tools and confidence you need to eat the best possible diet for you and your growing baby.