

# Pregnant Woman's Diet

Menus, recipes and diet advice.

Author: Eve Godin

**The ideal book to help future mum having a healthy and stressless pregnancy!**

This book is set out by a nutritionist, who brings to pregnant women the answers to the different questions they ask themselves in regards to nutrition: specific needs at the different stages of pregnancy, the ingredients to favour and the ones to avoid, hygiene rules, weight gain, particular situations and numerous advice on organization, physical activity, etc.

Suggestions of menus for each trimester are available, for a total of 70 adapted recipes.

## Content:

- Introduction
- Menus and recipes for the 1<sup>st</sup> trimester.
- Menus and recipes for the 2<sup>nd</sup> trimester.
- Menus and recipes for the 3<sup>rd</sup> trimester.



## **The Author:**

**Eve Godin** (Paris) is a nutritionist, has a diploma in the cooking field and is a young mum. Her knowledge in nutrition and in cooking allows her to propose recipes associating pleasure and health.

## **Specs:**

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