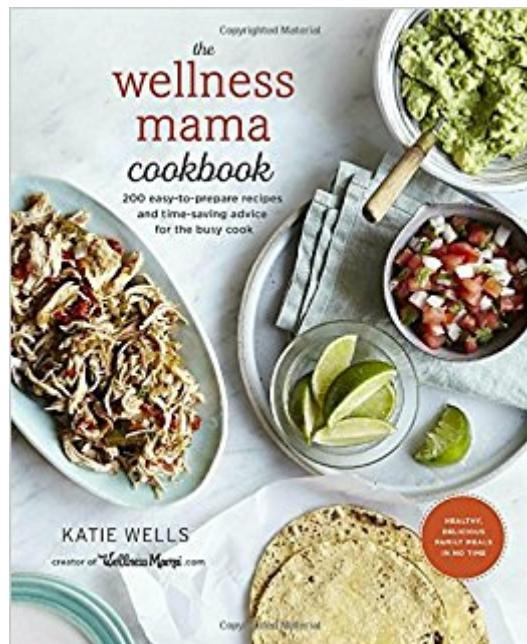


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# The Wellness Mama Cookbook: 200 Easy-to-Prepare Recipes And Time-Saving Advice For The Busy Cook



## Synopsis

A compilation of 200 simple, delicious recipes using all-natural ingredients; meal plans; time-saving tips; and advice that will take the guesswork out of dinner, from the creator of the popular Wellness Mama website. With six kids, a popular blog, and no free time, Katie Wells, knows firsthand how difficult it is to cook a healthy, homemade dinner every night. Faced with her own health challenges, and also concerned about the frightening statistics on the future health of her children's generation, Katie began to evaluate the foods she was eating and feeding to her family. She became determined to find a way to create and serve meals that were wholesome, easy to prepare, budget-friendly, and family approved. The recipes and practical advice Katie offers in *The Wellness Mama Cookbook* will help you eliminate processed foods and move toward more healthy, home-cooked meals that are easily prepared—most in thirty minutes or less. The recipes focus on whole foods that are free of grains and refined sugars and without harmful fats, but are still delicious and full of flavor. With a variety of slow-cooker and one-pot meals, light lunches, dinners, and desserts, you'll be eating better in every way in no time at all. Recipes include Sesame Chicken with Sugar Snap Peas, Sweet Potato Crusted Quiche Lorraine, Beef and Zucchini Stir Fry, and Chewy Chocolate Chip Cookies, as well as recipes for bone broths, fermented foods, and super food drinks and smoothies. Katie also shares pantry-stocking advice, two weeks of meal plans for at home and on-the-go, shopping lists, and more. This is the ultimate cookbook that readers need to incorporate healthy eating knowledge into their daily practices.

## Book Information

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## Customer Reviews

Katie Wells is an award-winning blogger, author, podcaster, and real-food crusader. Her mission with her popular website, [wellnessmama.com](http://wellnessmama.com), is to provide simple answers for maintaining healthier families through practical tips, real-food recipes, beauty and cleaning tutorials, natural remedies, and more. Katie was recently named by [greatist.com](http://greatist.com) as one of the one hundred most influential people in health and wellness. She can be found on Facebook, Twitter, Instagram, Google+, and Pinterest.

Sometimes my husband and I talk about the fancy meals I made before we had kids - and then we LAUGH and LAUGH at the idea of me trying to pull one of those meals off with our three littles ones running around the house. Fortunately, delicious doesn't have to be complicated, and this cookbook proves it. I've tried the Roasted Garlic Cabbage (A personal favorite), Mississippi Pot Roast (Oh. My. Goodness.), Chicken Piccata (My kids favorite), Sriracha Shrimp Lettuce Wraps (Served these on game day and my husband raved about them - also super quick and easy), and Chipotle Chicken Fingers With Honey Mustard (Now in permanent rotation). Everything was easy to make and got a thumbs up from my kids. Now, this next part should probably come with a "results may vary" disclaimer, but let me tell you what happened on the day I made the sriracha shrimp and my husband was watching his favorite football team play. Me: When the game is on commercial I have a big ask. Husband (hits mute): What's the ask? Me: Will you build me a platform bed like in this photo? My husband hit record on the t.v. and headed to the hardware store to pick up supplies. It's wasn't my birthday or our anniversary, but I had just made him a big plate of sriracha shrimp lettuce wraps that he raved about. Is he an amazing husband? Absolutely. Did the sriracha shrimp tip things in my favor? I'm gonna go with yes.

I am an avid reader of her blog and I pre ordered this book! The recipes are GREAT! I especially love the ones to make your own condiments! Yay for homemade ketchup without all the processed junk!!

As someone with an autoimmune disorder, it is fantastic to find a collection of recipes that are healthy and tasty, along with advice on what to eat!

I LOVE Katie and all her online resources. I make all homemade products from personal to cleaning products thanks to all her recipes! She had been such an inspiration to me!! So her cookbook was a

"no brainer"! The cookbook, itself, is well thought out and easy to follow. It has been a go to book for me. I have found a recipe yet that's failed to taste great and has been easy to put together. Thanks Katie!

I (Mrs Robs) have really enjoyed this cookbook. We've made a few recipes and mostly been very pleased. A few I don't know if I'd repeat but all in all I'd recommend if you are looking for unprocessed and clean eating cookbook.

This is a wonderful cookbook. It is very informative with great pictures and easily understood recipes. We made the One-pan Pakistani Kima and it was fantastic, we can't wait to try some of the other recipes we have picked out.

This is seriously the BEST cookbook I've ever purchased. Everything in it looks amazing and what I've made so far is delicious, easy to make and uses simple ingredients you probably already have. If you've been searching for a single source of whole-food based, grain free, simple recipes, this is it. There are a couple of recipes that use vegetables I don't use like kholrabi and rutabega but they look so good I'm willing to try new things.

Out of my stack of fabulous recipe books this is currently my favorite. I've made so many of the quick, easy and nutritious recipes in this book!

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