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Weelicious (Enhanced Edition): 140 Fast, Fresh, and Easy ...

Weelicious: 140 Fast, Fresh, and Easy Recipes by. Catherine McCord (Goodreads Author) 3.94 · Rating details · 457 ratings · 50 reviews Our kids can be great eaters! After her son was born in 2007, Catherine McCord sought out resources to teach her how to prepare fresh, healthy, appealing meals for young kidsbut she came up empty.

Weelicious: 140 Fast, Fresh, and Easy Recipes by Catherine ...

Free 2-day shipping on qualified orders over \$35. Buy Weelicious: 140 Fast, Fresh, and Easy Recipes (Hardcover) at Walmart.com

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Weelicious: 140 Fast, Fresh, and Easy Recipes. C&B&R Guest Cooks 58 Comments. Weelicious: 140 Fast, Fresh, and Easy Recipes. by Catherine McCord. Publisher: William Morrow. Publication Date: September 2012. Buy on Amazon. Featured Recipe: Avocado Shake. Every parent knows how difficult it is to get kids eating happily and healthily.

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This one had the fewest problems like that and the most reliably yummy food that my whole family enjoys. At Amazon, it's \$15 for the hardcover and \$8 for Kindle (includes audio/video). Weelicious: 140 Fast, Fresh, and Easy Recipes

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Weelicious: 140 Fast, Fresh, and Easy Recipes (Weelicious ...

Find over 1500 easy family recipes for breakfast, lunch and dinner. Including homemade baby food recipes, toddler food, and school lunch ideas at Weelicious.

Weelicious - Fast, fresh & easy recipes for the whole family

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Title: Weelicious: 140 Fast, Fresh, And Easy Recipes Format: Hardcover Product dimensions: 288 pages, 9 X 8 X 0.95 in Shipping dimensions: 288 pages, 9 X 8 X 0.95 in Published: September 18, 2012 Publisher: HarperCollins Language: English

Weelicious: 140 Fast, Fresh, And Easy Recipes, Book by ...

Weelicious : 140 Fast, Fresh, and Easy Recipes by Catherine McCord. Overview - From the wildly popular blog Weelicious.com shares dozens of recipes and tips to get kids to enjoy nutritious meals. Every parent knows how difficult it is to get to get kids eating happily and healthily.

Weelicious : 140 Fast, Fresh, and Easy Recipes by ...

Complete - video dailymotion. Full E-book Weelicious: 140 Fast, Easy, and Fresh Recipes Your Kids Want to Eat! Complete. Every parent knows how difficult it is to get to get kids eating happily and healthily. Catherine McCord has the answer: Weelicious Creator of the wildly popular blog Weelicious.com, Catherine, who honed her cooking skills at Manhattan's Institute of Culinary Education, strongly believes in the "one family/one meal" idea--preparing a single, scrumptious meal the entire ...

Full E-book Weelicious: 140 Fast, Easy, and Fresh Recipes ...

I've written two cookbooks for families. My first, Weelicious: One Family. One Meal. is meant to be an inspirational feeding guide, weaving together my personal experience feeding my own kids, with fact-based evidence on children and eating, and featuring 140 original "fast, fresh and easy" recipes.

get started | Weelicious

Former model and T.V. host, Catherine McCord is not your typical Hollywood housewife. While she has traveled the world, and even the cat-walk (hello Donna Karan, Calvin Klein and Victoria Secret), she has roots and healthy beliefs for the whole family that run deep in the food world. As the creator of the super popular blog Weelicious, Catherine has followed up on her first cookbook Weelicious: 140 Fast Fresh and Easy Recipes with even more recipes of delicious food for kids in Weelicious ...

Crushing on Catherine McCord of Weelicious and Stuffed ...

By Catherine McCord, ISBN: 9780062078445, Hardcover. Bulk books at wholesale prices. Free Shipping & Price Match Guarantee

Presenting a collection of recipes and tips to get kids to enjoy nutritious meals. Every parent knows how difficult it is to get to get kids eating happily and healthily. Catherine McCord has the answer: Weelicious! Creator of the wildly popular blog Weelicious.com, Catherine, who honed her cooking skills at Manhattan's Institute of Culinary Education, strongly believes in the "one family/one meal" idea--preparing a single, scrumptious meal the entire family can sit down and enjoy together rather than having to act as "short order cook" for kids who each want something different. In Weelicious, she offers dozens of recipes and tips for creating quick, easy, healthy, and fun food that moms, dads, and young children of any age will absolutely adore--from the most persnickety infants to the pickiest grade-schoolers.

Presenting ideas for parents on getting children to enjoy good food and be willing to try new dishes, with a collection of recipes and advice on food shopping and on involving kids in the preparation of their meals.

Every parent knows how difficult it is to get to get kids eating happily and healthily. Catherine McCord has the answer: Weelicious! Creator of the wildly popular blog Weelicious.com, Catherine, who honed her cooking skills at Manhattan's Institute of Culinary Education, strongly believes in the "one family/one meal" idea--preparing a single, scrumptious meal the entire family can sit down and enjoy together rather than having to act as "short order cook" for kids who each want something different. In Weelicious, she offers dozens of recipes and tips for creating quick, easy, healthy, and fun food that moms, dads, and young children of any age will absolutely adore--from the most persnickety infants to the pickiest grade-schoolers.

Easy, healthy, and fun lunch ideas for every age! Once kids walk out the door for school, all bets are off. Will your son toss the nutritious food you've included and jump right to the treats? Will your daughter trade her sandwich for her best friend's prepackaged meal? Determined to improve what kids eat both at school and on the go, weelicious.com founder Catherine McCord offers innovative solutions for quick, delicious, easy-to-make, kid-friendly lunch box meals that little ones and their older siblings won't be tempted to swap, including: Chicken Satay Bites PB&J Pancake Sandwiches Pumpernickel Tuna Melt Chicken Salad Roll Ups Chopped Veggie Salad Tomato Soup with Grilled Cheese Croutons Carrot Hummus Cinnamon Pita Chips Chocolate Graham Crackers Nature Cookies Cinnamon Roll "Sushi" Sandwiches Filled with lots of great menu planning ideas; tips, tricks, and reusable product suggestions to make lunch fun; inspiring color photographs, advice on dealing with food allergies and so-called picky eaters; and more than 160 tried and true recipes, Weelicious Lunches takes lunchtime planning from hassle to joy!

"It is impossible to look at the rainbow of options in Smoothie Project without seeing health on every page. I am, as in all things WEELICIOUS, sold."—Jennifer Garner Trusted family food expert and Weelicious founder serves up almost 100 transformative recipes for nourishing and delicious smoothies Weelicious founder Catherine McCord is an expert recipe developer who helps families eat healthfully and deliciously. When her son started suffering from chronic nausea and her family doctors couldn't help, McCord turned to her experience with nutrition for an answer, researching until she discovered a surprisingly simple solution—smoothies. She shared her family's story and some of her favorite smoothie recipes on social media, and the Smoothie Project, a daily online source of inspiration, was born. People began to use her recipes and share how smoothies had become a force of change in their lives, too. Years of witnessing the positive effects that smoothies can offer inspired McCord to create a smoothie bible packed with almost 100 of her favorite, tried-and-tested recipes. With guidance from top nutritionists, McCord also explains how to eat based on your age and details the health benefits of key smoothie ingredients, so you can:  Reduce stress and anxiety  Lose weight  Control ADHD symptoms  Boost your immune system  Improve digestion  Increase your energy  Eat to support pregnancy or breastfeeding  Have beautiful, strong skin, hair, and nails  Encourage kids to eat nutritious foods  And more... McCord offers a way to change your life in just twenty-eight days, using only your blender. All you have to do is commit to having one of her smoothies each morning for a month, and every glass will bring you one step closer to achieving your goals.

This Weelicious enhanced ebook follows Catherine McCord into her kitchen! Five fun videos show Catherine and her kids making delicious, family-friendly recipes like Spinach Gnocchi and Stuffed French Toast. Our kids can be great eaters! After her son was born in 2007, Catherine McCord sought out resources to teach her how to prepare fresh, healthy, appealing meals for young kids—but she came up empty. With culinary school under her belt and a hungry baby to feed, Catherine started Weelicious.com, a website that has since grown into a comprehensive offering of kid-friendly family meals. Complete with beautiful color photos, tips and tools, lists of pantry staples, feeding plans, and more than seventy new recipes never before seen on Weelicious .com, Weelicious makes it easy to get kids eating healthy foods from their first bite. Catherine teaches parents how to turn their kids into great eaters who appreciate food and are open to exciting new flavors. With Weelicious you will: Stop being a short-order cook—whip up unique, delicious, and healthy recipes that everyone in your family, no matter what their age, will love. Inspire your kids to eat healthfully without resorting to sneaking or trickery—discover a wealth of great tips for getting kids to eat just by paying attention to how their food is prepared and presented. Get kids in the kitchen from day one—introduce kids to a variety of foods and include them in the cooking process to set them up for years of positive eating habits. Shop effectively (and make it fun)—bring your kids to the farmers' market or grocery store for a hands-on learning experience when it comes to meal planning. Give kids some choice—strategically allow them to have more input and control over what goes into their bodies so they can “own” their choices. From first-food favorites such as Sweet Potato-Coconut Puree and The Teething Cookie to family-friendly Veggie Nuggets, Rice Cooker Mac and Cheese, Chicken on a Stick, Shrimp Tacos, and Cheesy Chicken Taquitos to treats like Banana Bread Cake, Raspberry-Cream Cheese Heart Tarts, and Chocolate Velvet Beet Cupcakes, these recipes are perfect for little taste buds and sophisticated adult palates alike—and best of all, every single recipe has been created with health and wholesomeness in mind. More than just a cookbook, Weelicious is the ultimate cooking bible for families—a resource that will stand the test of time as the family grows! Please note that due to the large file size of these special features this enhanced e-book may take longer to download than a standard e-book.

Following up on her hit bestseller Top 100 Baby Purees, British media star and Today show favorite Annabel Karmel presents Top 100 Finger Foods, a scrumptious guide to creating tasty tidbits that young children can really sink their teeth (or gums!) into. By the age of nine months, many babies are ready and eager to start feeding themselves. Although they might not be able to handle a spoon, children of this age can master the art of eating on their own—as long as the food they’re served is right-sized! Finger foods are the perfect solution. Featuring quick and easy recipes that are just as nutritious as they are delicious, Top 100 Finger Foods gives busy parents the tools they need to create snacks and meals that will keep kids from going into hungry meltdown mode—and that even give their bossy toddlers an all-important sense of power and control. The recipes in this collection include sweet corn pancakes; sticky soy drumsticks; Teriyaki Salmon; muffins made of natural, healthy choices like pineapple, carrot, and coconut; fresh fruit ice pops; and much, much more. Loaded with simple instructions and luscious four-color photography, Top 100 Finger Foods is the ideal source for making mealtime fun and productive, creating healthy, happy, and contented children.

Even though we know that babies and children learn primarily through their senses, American babies are still eating mushy food from a jar -- at a time when their brains are growing exponentially and they are most open to trying new things. Smart Bites for Baby offers a better approach to cooking for babies and toddlers. Drawing on world cuisine, this cookbook includes 300 easy recipes made with nutrient-rich ingredients, such as fish, berries, and sesame. The meals emphasize color, texture, and flavor, and are proven to engage and stimulate the growing brain. Parents will also find more nutritious versions of the foods toddlers love, from mac n' cheese to popsicles. Shino's smart bites nourish the minds and bodies of our children.

You'll be amazed at what your blender can do for you! Blenders are the "it" accessory, mostly because smoothies are healthy and quick. Sure, but did you know you can also whiz up a mean burger—salmon, veggie, turkey, even beef—in a blender? Your blender is that good! Brownies, pancakes, slaws . . . there are so many things you can make easily and quickly. Not only that, but blending offers the perfect opportunity to sneak in some extra nutrition: Black beans in your chocolate cake? Carrots in your tomato sauce? Or a quick pulse of cauliflower that can stand in for cream in sauces and soups? A handy chart suggests ways to boost nutrition in recipes that you and your family will embrace. If a high-performance blender is already on your counter, this book is its obvious companion. Save money, eat healthier, and get dinner on the table in a jiffy with The Ultimate Blender Cookbook.

Comfort food made healthy, from the New York Times bestselling author of Whole in One. In Comfort Food Fix, Ellie Krieger presents a healthier take on classic American comfort food—without sacrificing the comfort part. These 150 soul-satisfying recipes include such hearty favorites as meatloaf, lasagna, chicken potpie, crab cakes, and mashed potatoes, but without all the calories and saturated fat. With simple tricks and tips, Ellie serves up healthy delights like delicious sweet potato casserole with just a third of the calories and amazing buttermilk waffles with just a fraction of the fat. With full nutrition information for every recipe and gorgeous full-color photos that are sure to whet any appetite, Comfort Food Fix is the perfect cookbook for healthy eaters with healthy appetites. · Ellie Krieger is the host of the popular show Healthy Appetite, which airs on the Cooking Channel, and the author of the New York Times bestsellers So Easy and The Food You Crave · The book features 150 delicious comfort food recipes that are lower in calories and fat than you would ever guess based on how great they taste · 50 lavish full-color photographs beautifully illustrate finished dishes When it comes to healthy cooking, Ellie Krieger is the chef you can trust. In Comfort Food Fix, she takes the guilt out of guilty pleasures. “This accessible, health-minded cookbook is a welcome resource in a burger and bacon-obsessed moment... Krieger's simple, time-conscious recipes with easy-to-find ingredients will satisfy sophisticated eaters and down-home palates alike.”—Publishers Weekly

“With The Good Stuff Cookbook, Spike Mendelsohn applies his limitless imagination to classic American comfort food” (Tom Colicchio, chef/owner of Craft restaurants). “Spike knows how to bring the fun to bun.” —Rachael Ray One of the most popular contestants ever on the hit television show Top Chef, Spike Mendelsohn is one of the hottest celebrity chefs on the scene. His restaurant in Washington, DC, Good Stuff Eatery, has been a resounding success and even claims Michelle Obama as a fan. In The Good Stuff Cookbook, Chef Spike serves up fast, fun, and fresh recipes for classic fare like burgers, sides, shakes, and desserts, as well as menu suggestions for all types of events, from big parties to casual family dinners. You'll find old favorites with a twist: unique and tasty sauces and mayonnaises like Good Stuff Sauce and Curry Mayonnaise; fan-favorite sides like Baked Sweet Potato Fries and Bacon-Wrapped Asparagus; the famous Toasted Marshmallow Milkshake, malts, and floats; and, of course, Chef Spike's crowd-pleasing burgers made with beef, turkey, chicken, pork, and even lamb. Featuring 120 fresh and delicious recipes and 140 full-color photos, this is the perfect all-American cookbook for anyone who loves great casual comfort food like burgers, fries, and shakes, but wants to mix things up with a gourmet touch. “Chef Spike Mendelsohn has a pulse on the American heartbeat for delicious, soul-satisfying comfort foods.” —Chef Art Smith

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