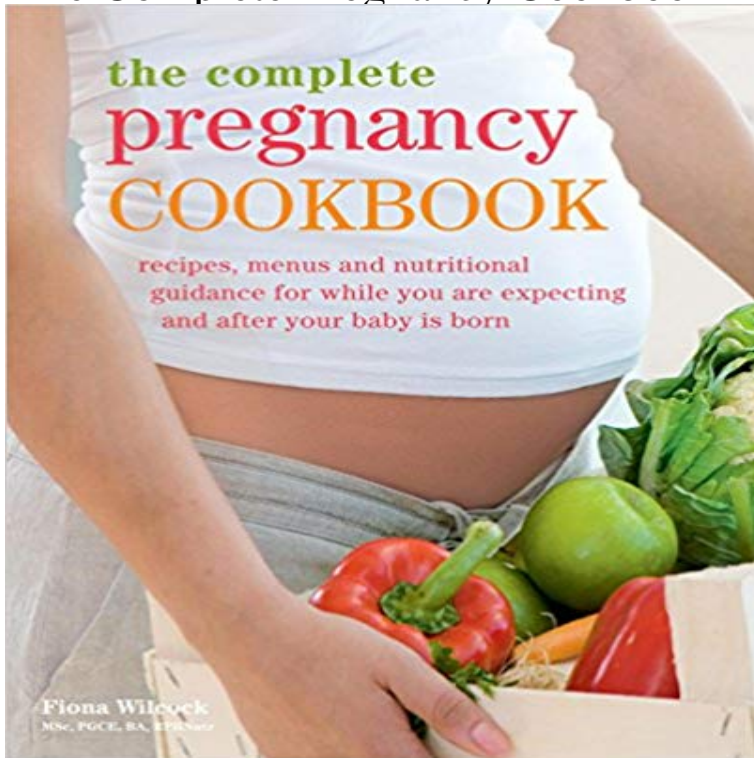


## The Complete Pregnancy Cookbook



Eating a healthy diet while expecting is among the most important things you can do for the present and future health and well-being of your child. The All-New Complete Pregnancy Cookbook makes this simple to achieve and helps pregnant women get the nutritional boost they need without a lot of fuss and bother. Now this completely revised edition includes a host of new and flavourful recipes, the latest nutritional advice and recommendations, and, of course - great-tasting food.

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