



Mila's Meals: The Beginning & The Basics

By Catherine Barnhoorn

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Mila's Meals: The Beginning & The Basics By Catherine Barnhoorn

Awards

- *2017 Gourmand World Cookbook Awards - Winner - Self-Published Category
- *2016 London Book Festival - Runner Up - Cookbook Category

Mila's Meals: The Beginning & The Basics is a 500-page collection of over 100 gluten-free, sugar-free and dairy-free wholefood recipes and food ideas for baby's first years (and the rest of the family too).

Part cookbook, part nutrition encyclopedia, part journal of the author's journey into motherhood, *Mila's Meals* is a call to action for every parent to be conscious of what they are feeding their little ones, providing a guideline on how to achieve this as effectively, effortlessly and joyfully as possible.

Having healed herself from various autoimmune conditions through diet and organic, holistic living and having to raise a child with food intolerances, Catherine set to work educating herself and getting creative in the kitchen. Now an Integrative Nutrition Health Coach, her passion to empower parents to make informed decisions with regards to how they nourish their children (and themselves) is captivated in this honest, soulful, wholesome book.

If you are a new Mama or know anyone who is; if your child has food allergies or intolerance's; if you plan to raise your children on a 'free from' diet or if you would simply like to nutritionally educate yourself then this is the book for you.

Color photos for every recipe and a wealth of information including:

The Why

- * The truth behind common infant food fallacies
- * The why, what and how to begin your little one's life-long relationship with food.
- * An expose of what is really in that convenient, ready-made food and the affect it has on your child physically, mentally and emotionally.
- * The importance and maintenance of gut health.
- * Why not gluten, dairy and sugar.

The What

- * Essential nutrients, the role they play, and where to find them.
- * A detailed glossary for every ingredient used in the book.

The How

- * Over 100 (mostly) uncomplicated recipes made with easy-to-find ingredients.
- * A re-introduction of essential traditional foods & food preparation techniques (like sauerkraut, slow-cooked bone broths as well as how and why to soak grains).
- * 'Do-able' meals for working parents - all the food can be made in bulk and frozen.

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Mila's Meals: The Beginning & The Basics By Catherine Barnhoorn Bibliography

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Editorial Review

Review

"At last, a wonderfully creative and thoroughly well researched work of immensely helpful and beneficial guidance, for us as parents!

In today's information age nutritional concepts can be all too confusing, especially when the information is focused on 'what' to eat, rather than exploring and understanding the 'why'.

This book introduces important and comprehensible 'why's' of applying food as your medicine, while at the same time, offering truly sumptuous and easy to follow recipes."

- *Dr. Jon Morley (MBChB)*

"This well-researched and masterfully created book is a true gift to aware parents who want to give their children the best start to life."

- *Dr Hanna Grotepass (MBChB), Homeopath, Synchronization Harmonics Practitioner*

"Catherine has managed to fit a veritable encyclopedia worth of knowledge and wisdom into this beautiful book.

As a mother, I will value this resource for referring to time and again when preparing food for my family. I will turn to it when deciding on the best choices, in terms of personal and environmental health, while shopping and preparing delicious, healthy meals for my loved ones." - *Esme Morley (a Mom)*

"This massive book is a mother-daughter team work. It shares much nutrition information and tips, plus one hundred recipes. The photography is delightful. This is an excellent book."

Edouard Cointreau, President of the Jury - Gourmand World Cookbook Awards

About the Author

Catherine is Mom to Mila and a Certified Integrative Nutrition Health Coach. Catherine healed herself from various autoimmune conditions through diet and organic, holistic living. She is deeply passionate about empowering parents to make informed decisions with regards to what they feed their children and themselves. Catherine sees her, and her daughter's, food intolerances as a blessing which has led them down a path of learning, discovery and good health - which will hopefully stand them in good stead for years to come.

Users Review

From reader reviews:

Omar Stewart:

Spent a free time for you to be fun activity to complete! A lot of people spent their leisure time with their family, or their particular friends. Usually they carrying out activity like watching television, about to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Might be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the e-book untitled Mila's Meals: The Beginning & The Basics can be fine book to read. May be it is usually best activity to you.

Robbie Lewis:

Reading can be called brain hangout, why? Because when you find yourself reading a book specially book entitled Mila's Meals: The Beginning & The Basics your brain will drift away through every dimension, wandering in each aspect that maybe mysterious for but surely can be your mind friends. Imaging each word written in a publication then become one web form conclusion and explanation which maybe you never get previous to. The Mila's Meals: The Beginning & The Basics giving you a different experience more than blown away your brain but also giving you useful data for your better life in this particular era. So now let us teach you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

Susan Frame:

Your reading 6th sense will not betray you actually, why because this Mila's Meals: The Beginning & The Basics publication written by well-known writer we are excited for well how to make book that may be understood by anyone who read the book. Written in good manner for you, still dripping wet every ideas and producing skill only for eliminate your own hunger then you still hesitation Mila's Meals: The Beginning & The Basics as good book not just by the cover but also by content. This is one book that can break don't judge book by its protect, so do you still needing an additional sixth sense to pick this!? Oh come on your reading sixth sense already alerted you so why you have to listening to an additional sixth sense.

Lauren Smith:

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