

The book was found

# Veggie Mama: A Fun, Wholesome Guide To Feeding Your Kids Tasty Plant-Based Meals



## Synopsis

Veggie Mama is a manual for elevating your family's diet to incorporate more whole, plant-based foods. The book features over 100 vegan recipes—including many raw options, using whole grains, legumes, nuts, fruits, and vegetables, along with superfoods such as hemp seeds and quinoa—for growing kids of all ages. Veggie Mamas Doreen Virtue and chef Jenny Ross discuss food allergies and present a CSG-free program—meaning free of corn, soy (with the exception of fermented miso paste), and gluten . . . inflammatory agents that can that can create anxiety in sensitive kids, as well as worsen allergy symptoms. With menu-planning guides, brown-bag school lunches, and snack and dessert favorites, you'll have everything you need to feed your entire family wholesome and delicious meals. Using these tasty, 100-percent plant-ingredient recipes you will be pleasing your children's palates and doing their bodies good . . . setting them up for a lifetime of wellness!

## Book Information

Paperback: 272 pages

Publisher: Hay House, Inc. (September 27, 2016)

Language: English

ISBN-10: 1401947492

ISBN-13: 978-1401947491

Product Dimensions: 6.9 x 0.6 x 8.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 14 customer reviews

Best Sellers Rank: #176,781 in Books (See Top 100 in Books) #43 in Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #220 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #251 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology. A former psychotherapist specializing in eating disorders and addictions, Doreen now gives online workshops on topics related to her books and oracle cards. She's the author of *Assertiveness for Earth Angels*, *Don't Let Anything Dull Your Sparkle*, and *Nutrition for Intuition*, among many other works. She has appeared on Oprah, CNN, and Good Morning America, and has been featured in newspapers and magazines worldwide. For information on Doreen's work, please visit her at

AngelTherapy.com or Facebook.com/DoreenVirtue444. Jenny Ross, the owner and executive chef of the living-foods restaurant 118 Degrees Los Angeles in Tarzana, California, has been a pioneering spirit of the raw-foods movement since 2000, beginning with her first Los Angeles café. Her unique creations have captivated customers nationwide, and she offers intensive workshops and certifications in living cuisine. Jenny works internationally with clients of all backgrounds, motivating them toward more vibrant health while teaching them about the healing power of living foods. Her award-winning cuisine has drawn a celebrity clientele to her restaurants and has been a positive catalyst for changing many lives. Websites: [www.jennyrosslivingfoods.com](http://www.jennyrosslivingfoods.com) and [www.118degrees.com](http://www.118degrees.com)

Good for the whole family, excellent recipes and advice in this packed book. A must have for Moms and Dads who are into eating the healthy way.

Enjoying making the recipes. This is the first raw/vegan book I have read that the food tastes good and my family will eat it.

Very helpful for 4 adults that have different tastes from meat eaters, to meatless meals. Great tasty ideas that everyone can enjoy and using good food.

Lots of great information. I can't wait to try all of the recipes in this book!

Arrived quickly..great book with lovely photos and recipes

I wish the book had a better flow... But the tips in the book are good. Recipes were basic can be found online.

Received my book a day late: but it looks awesome. I'll be giving some of the recipes to my preacher's wife

This is geared towards getting your kids to eat plant based meals, but I think it is helpful for all of us. We live in a world where there are so many by-products, hormones and chemicals used in our food, no wonder we have become so unhealthy. I enjoyed this book because it gives helpful advice without being preachy or pushy or shoving things down your throat. (Pardon the pun.) Easy to read

and follow. I highly recommend young and old, if you are interested in adding more plant based meals to your life.

[Download to continue reading...](#)

Veggie Mama: A Fun, Wholesome Guide to Feeding Your Kids Tasty Plant-Based Meals Veggie Vero and the Mysterious Soup Festival: Book #2 of the Veggie Vero series (The Adventures of Veggie Vero) Veggie Burgers: 150 Delicious Vegan Burger Recipes: Easy, Healthy Vegan, Vegetarian, Veggie Burgers ( Plant Based, How Not to Die, The China Study) Yo Mama Jokes Encyclopedia -The Worlds Funniest Yo Mama Jokes: Yo Mama Jokes, Jokes and Riddles, Humor, Jokes For Kids, Comedy, Best Yo Mama Jokes Veggie Vero and the Sandwich Imposter: World's First Vegan Superhero for Kids (Adventures of Veggie Vero) Whole Grain Vegan Baking: More than 100 Tasty Recipes for Plant-Based Treats Made Even Healthier-From Wholesome Cookies and Cupcakes to Breads, Biscuits, and More MAMA: a TRUE story, in which a BABY HIPPO loses his MAMA during a TSUNAMI, but finds a new home, and a new MAMA Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Air Fryer Cookbook (Includes Paleo, Vegan, Pot, Clean Eating, Low-fat, Bake, Roast, Fry, Grill, Healthy, Delicious, Tasty, Easy, Simple Cooking, Greek): 300 Easy Recipes for Quick and Tasty Meals Best Wok Recipes from Mama Li's Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1) Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Make Ahead Vegan Cookbook: Top 50 Vegan Lifesavers Meals-Fill The Dinner Table In No Time At All With Plant-Based Whole Foods Meals Plant Based Diet: A Beginners' Guide to Choosing and Adopting a Whole Foods, Plant Based Diet The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Kids Lunch Boxes: 101 Tasty, Fresh, Fun and

# Healthy School Lunch Box Ideas and Recipes Your Kids Will Love To Eat!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)