



The Mommy Diet

Alison Sweeney, Christie Matheson

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As a working mom who looks hotter than ever after two pregnancies, Alison Sweeney knows what it takes to look and feel great during pregnancy and how to get back in shape post-baby. (Yes, it's possible!) In *The Mommy Diet*, she shares tons of straightforward tips, personal anecdotes, easy-to-follow exercises, fashion insight, nutrition advice, and even a few of her favorite quick, easy recipes.

The Mommy Diet helps moms-to-be stay fit, positive, and pampered during pregnancy and then steers new moms to a healthy recovery and body confidence after the baby is born. It's a warm, accessible, funny guide to everything from prepregnancy through the first nine months postpartum—an especially crucial time for new moms who want to shed their baby weight safely and establish a fitness routine—and beyond.

Sweeney, who is busy taking care of two children and juggling two jobs, breaks pregnancy down trimester by trimester, addressing everything from morning sickness and food cravings to sexy maternity style, all the while reminding readers to keep up with exercise as long as their doctors approve. After the baby arrives, she details the perils and pitfalls of carrying around postpregnancy weight and how to navigate the sleep deprivation, not to mention the shell-shocked stress of all the changes to daily life.

You *can* eat healthfully, be physically fit, look great, and find time to take care of yourself while you learn to be a terrific new mom. The realistic, affordable, and doable advice in *The Mommy Diet* will show you how.

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William Carroll:

This The Mommy Diet is completely new way for you who has interest to look for some information mainly because it relief your hunger of information. Getting deeper you onto it getting knowledge more you know or perhaps you who still having tiny amount of digest in reading this The Mommy Diet can be the light food in your case because the information inside this particular book is easy to get through anyone. These books produce itself in the form that is reachable by anyone, yeah I mean in the e-book application form. People who think that in book form make them feel sleepy even dizzy this publication is the answer. So there is not any in reading a book especially this one. You can find actually looking for. It should be here for a person. So , don't miss it! Just read this e-book variety for your better life in addition to knowledge.

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