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The Mommy Diet

HOST OF THE HIT WEIGHT-LOSS TELEVISION SERIES *THE BIGGEST LOSER*

ALISON SWEENEY

WITH CHRISTIE MATHESON

"A feast of nutrition, fitness,
and self-care tips."
—Dr. Mehmet Oz

**THE
MOMMY
DIET**

A MONTH-BY-MONTH PLAN FOR
A HEALTHY BODY
AND MIND BEFORE, DURING
AND AFTER PREGNANCY



Synopsis

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. Alison 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.

Book Information

File Size: 1665 KB

Print Length: 258 pages

Publisher: Gallery Books; Reprint edition (December 28, 2010)

Publication Date: December 28, 2010

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B003UYUP7Q

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #606,409 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11
inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #88 inÃ Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #537 inÃ Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Motherhood

Customer Reviews

I'm 29 weeks and this book is just what I needed. I love how honest Alison is with everything and the recipes are great and yummy. The workouts are also nice to give me the boost I need. I strongly recommend this to all trying to get pregnant or are currently pregnant.

It is more focused on Pre pregnancy and pregnancy health as opposed to post pregnancy. I thought it being called the Mommy Diet it was based on after having kids. Either way it is a good read. Good tips and well written.

Love this book!! Very health conscious and simple approach! I would recommend this book to any moms-first time or multiple times!

I just didn't realize it was for pregnant or new mommies but it is very informative Wish there were more illustrations but its cool for reference

I so loved this book...I started reading it, and I am almost finished. I watch the biggest loser, and Alison Sweeney is my favorite soap opera star on TV, so I had to get the book, and read it.....I LOVE IT.....

I really like Alison's realistic advice. My husband even glanced through it and is using the treadmill workout routine. Too funny!

Alison Sweeney, The Mommy Diet is a great book and I learned a lot from picking it up and reading it everytime I can, at the gym or just at home sitting around.

I love this book and I like how the focus is on Mom's and not just babies. I am a newly pregnant mom and I appreciated how she didn't forget about me. I got tons of baby books and this one is so

helpful with a lot of little tid bits of information that she has learned along the way. It includes recipes, fashion advice, eating and exercise advice. A little bit of everything.

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