



# Feeding Made Easy: The ultimate guide to contented family mealtimes

*Gina Ford*

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Gina Ford's bestselling *The Contented Little Baby Book* established Gina as one of the UK's most influential voices in baby and childcare issues and her groundbreaking routines have been the salvation of hundreds of thousands of parents around the world.

In *Feeding Made Easy* Gina tackles one of the most problematic areas of parenting: how to give children a healthy, nutritious and tasty diet without mealtimes becoming a battleground. Her one-stop feeding guide is a parent's lifesaver offering delicious, easy-to-prepare recipes for the whole family as well as rotating menu planners and shopping lists that enable time-strapped mums and dads to shop for and plan a month's menus in advance.

Gina covers food for every occasion from quick and easy light meals such as sticky chicken thighs and homemade lamb burgers to mouth-watering twists on family favourites and healthy takes on fast food and after-school snacks, such as pizza, and carrot and honey muffins. She also offers invaluable advice on how to promote healthy eating, such as getting children involved in the choosing and preparation of food; how to tempt fussy eaters to expand their diet; and what to do when eating out or abroad.



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