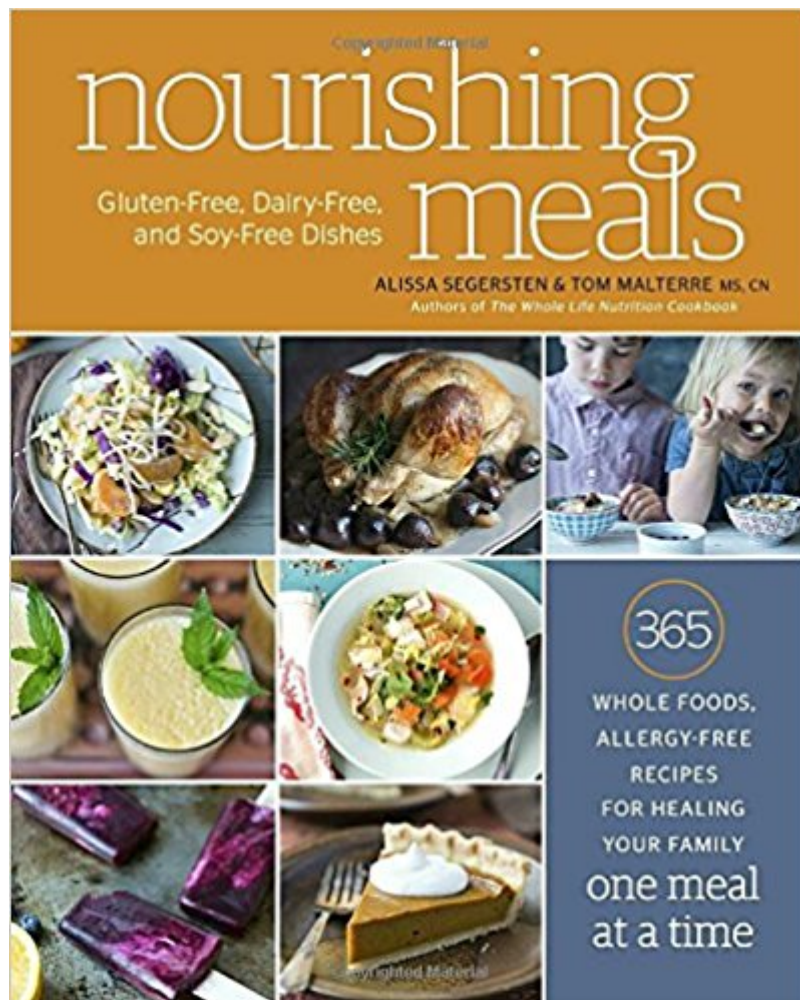


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# Nourishing Meals: 365 Whole Foods, Allergy-Free Recipes For Healing Your Family One Meal At A Time



## Synopsis

From two popular bloggers and leaders in the functional medicine movement, here's the ultimate guide to eating healthfully as a family--a simple, practical cookbook that shows how easy it is to ditch processed foods one meal at a time with 365 delicious, whole food-based, allergen-free recipes that the entire family will love. It can be daunting to live a whole foods lifestyle in today's busy world--even more so to prepare plant-rich, allergen-free meals that'll get the whole family around the table. Popular food blogger Ali Segersten and functional medicine expert Tom Maltter are a team devoted to teaching their five children--and readers--the importance of living a whole foods lifestyle. Nourishing Meals makes it easy and fun with dishes that burst with flavor, such as their Cherry Pecan Salad, Butternut Squash and Pinto Bean Enchiladas, Chipotle-Lime Roasted Chicken, and Banana Coconut Cream Pie. Every recipe in the book is free of the most common allergens: gluten, soy, and dairy, as well as refined sugar. Many recipes are grain-free and paleo as well. And these dishes are designed to appeal to everyone, including vegan, vegetarian, seafood, and meat-eaters. In addition to wonderful food, Ali and Tom offer easy, doable steps to help you change your family's health, tips for making the transition easier, and ways to get the kids excited about wholesome foods. They map out the best foods and recipes for every stage of having a family, from pre-conception and pregnancy through each year of a child's life. And they explain in accessible terms what makes their recipes so effective for achieving optimal health. Originally self-published with an avid following, this edition will feature more than 30 new recipes, and many of the original recipes have been updated. This new edition will also include 100 beautiful all-new food photos featured in two inserts. With an easy, tasty recipe for every day of the year, it's never been simpler to adopt a healthy, whole foods lifestyle!

## Book Information

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## Customer Reviews

"[A] comprehensive, enthusiastic guide to whole-foods living [and a] rousing call to parents trying to raise healthy kids. What follows are 365 appetizing and practical recipes for nutritious meals and snacks that put the authors' philosophy into practice. Readers will find a persuasive argument for adopting this lifestyle and plenty of advice to get started."

Booklist "There are many good cookbooks available today in the gluten-free world. There are a few excellent cookbooks. And then there are the 'Great Ones'. Nourishing Meals is in the latter category. Incredibly delicious, wholesome and easy to prepare, this cookbook is destined to be dog-eared and stained from use in no time flat. Ali Segersten, I would sit at your table any and every day to eat your nourishing meals." -- Dr. Tom O'Bryan, [www.theDr.com](http://www.theDr.com), author of The Autoimmune Fix

"Whether you actually need to be dairy, gluten, or soy-free or not, you'll find the recipes to be delicious and to expand your ideas about cooking in the 21st century. Whether it's the meals, the smoothies, or the deserts you'll say YUM!" -- Liz Lipski, PhD, CNS, IFMCP, LDN Maryland University of Integrative Health, Author of Digestive Wellness and Digestive Wellness for Children

Alissa Segersten is the mother of five children, a whole foods cooking instructor, and author of the food blog, [NourishingMeals.com](http://NourishingMeals.com), empowering people with cooking skills and knowledge of whole foods so that they may reconnect with pleasure in eating delicious, nourishing food. Tom Malterre, MS, CN, CFMP is a certified nutritionist who holds two degrees in nutritional sciences, a Certified Functional Medicine Practitioner, and an educator for the Institute for Functional Medicine. He coaches physicians and other health care practitioners on using Functional Medicine principals in their clinical practices, and travels the U.S. and Canada lecturing on the biochemical interactions within the body and their relationship to diet.

Tom and Ali are often described as "food whisperers" who speak and write on the connection between diet and disease, fertility, and raising healthy children. They live in Bellingham, Washington. Learn more about them at [WholeLifeNutrition.net](http://WholeLifeNutrition.net).

Love the creative recipes in this cookbook that allow anyone eating them to not feel like anything is missing while being clearly labeled based on the top allergens. There are tips in here as well

ranging from refined sugar alternatives to how to pack healthy school lunches to how to get your kids to eat more vegetables - the authors have 5 kids!!! The Grain Free Pumpkin Cupcakes (that also happen to be refined sugar free) are a family favorite and, like the bread and muffin recipes in the book, are xanthan gum free as well. I have the 1st edition of this book and eagerly awaited this 2nd edition. I own a ton of cookbooks and only a few can fit on my kitchen bookshelf - this collection of whole-food based recipes is one that earns a spot!

This book has seriously changed my family's life. Actually my daughters eczema changed our lives and this book has helped me navigate the transition to vegan gluten free baking and cooking. If you are remotely new to healthful cooking this book provides tremendous knowledge and suggestions in knowing where your food comes from. There are many things I knew and even more I was surprised to learn. The friend who recommended this cookbook has hers on her countertop with curled pages and water/oil/vinegar spots all over it because it lives in the messiest part of her kitchen (and she has a 2.5y/o helper ;) I also bought a copy for my friend's wife because every dish I bring over she says I have to get this cookbook. Do I need to say I highly recommend this bible...I mean book.

This book is an incredibly useful resource for healthy, delicious eating. We just had the Soothing Lentil Soup for lunch and it is easy to prepare, hearty, tasty and leaves us feeling so good. The quinoa salmon burgers have been a weeknight meal staple for years. The dairy-free ranch dressing is lick-the-plate delectable. Treat yourself to the Roasted Cauliflower and Arugula Wraps with Red Pepper Chickpea Spread - you will not regret it. I could go on and on - but just see for yourself! What a fantastic investment in your and your family's life and health - not to mention in more sustainable eating habits for the health of the planet.

A few years ago, I purchased Alissa's first cookbook, "The Whole Life Nutrition Cookbook" and it instantly became my go-to cookbook for our weekly meals. So when I read on her blog that she had come out with a new cookbook, I jumped at the chance to buy it. This is an excellent book filled with delicious gluten-free, dairy-free and soy-free recipes that the whole family will love. One of my favorite parts of this cookbook is the description of each recipe at the top of the page that includes helpful nutritional information as well as what the recipe pairs well with to make a well-rounded meal. I highly recommend this book to anyone who is looking to adopt a healthier lifestyle for not only themselves but for their families as well.

This book makes my life so much easier! 2 of my children have food sensitivities, that we hope they will outgrow at some point . This books helps to find new recipes without foods they are allergic to. Everything we tried so far was quite tasty and doable. Thank you, Alissa Segersten, for this wonderful book!

The recipes and info in this book come from experts! The food is delicious, beautiful, and healthy. Uses down to earth, easy to find ingredients. Simple to make. I started having digestion problems earlier this year and was seeking help adapting my lifestyle and eating habits. Ran across Tom and Ali's books at my local public library and haven't looked back since! Check out their other cookbook and The Elimination Diet book, along with blog nourishingmeals.com. Essential for gluten free, dairy free, allergen free diet.

This is the first recipe book I have found, of all the cookbooks I have been searching through and have bought, that has finally satisfied my need for unique, simple to follow recipes, that not only gives you enjoyable tasty meals with reat tips, but also comes with nutrition information simple enough to educate anyone who seeks a healthier lifestyle, especially for those, like me, fighting for their health!.No exaggeration, this is the best cookbook perfect for any family or single person who wants to adapt a clean eating way of eating. A MUST HAVE FOR YOUR COOKING RESOURCESThank you Alissa Segerstein & Tom Malterre!

I have all three of their books, and this one is probably my favorite. The recipes are easy to follow and really good.

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