



**WHAT TO EXPECT WHEN...: Nutrition in  
Pregnancy and Lactation: Pregnancy Lifestyle -  
The Happiest Baby on the Block! (Completely New  
and Revised) (Pregnancy Books for First Time  
Mom Book 2)**

*Cathy Wilson*

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# WHAT TO EXPECT WHEN...: Nutrition in Pregnancy and Lactation: Pregnancy Lifestyle - The Happiest Baby on the Block! (Completely New and Revised) (Pregnancy Books for First Time Mom Book 2)

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**\*\*\*Limited Time Discounted Price\*\*\***

## WHAT TO EXPECT WHEN...Nutrition in Pregnancy, Great Habits, Feel Energized, Fat Gain Pregnancy Guide

is Book 2 of the *Pregnancy Books for First Time Moms* series! This introductory guide shows you how to create OPTIMAL eating HABITS for healthy weight gain, increased energy, fewer aches and pains, and a more comfortable pregnancy overall!

*Wondering how much weight you should gain?*

*Is exercising safe?*

*How much sleep do you need?*

*Should you take a prenatal vitamin?*

*Is coffee safe?*

*Can you have a beer while breastfeeding*

*Is your baby going to be okay through your morning sickness?*

*Is it better to have eggs or a bagel for a snack?*

*If these are questions running through your head...*

***This book is for you!***

*Download **What to Expect When...** TODAY! An introductory pregnancy guide that helps you eat optimally and energize your growing body to support a healthy joyous pregnancy!*

***Take action today!***

*~what to expect, what to expect when, what to expect when you're expecting, belly laughs, what to expect the first year, pregnancy problems, what to expect when expecting, pregnancy nutrition, mayo clinic guide to a healthy pregnancy, healthy pregnancy*

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