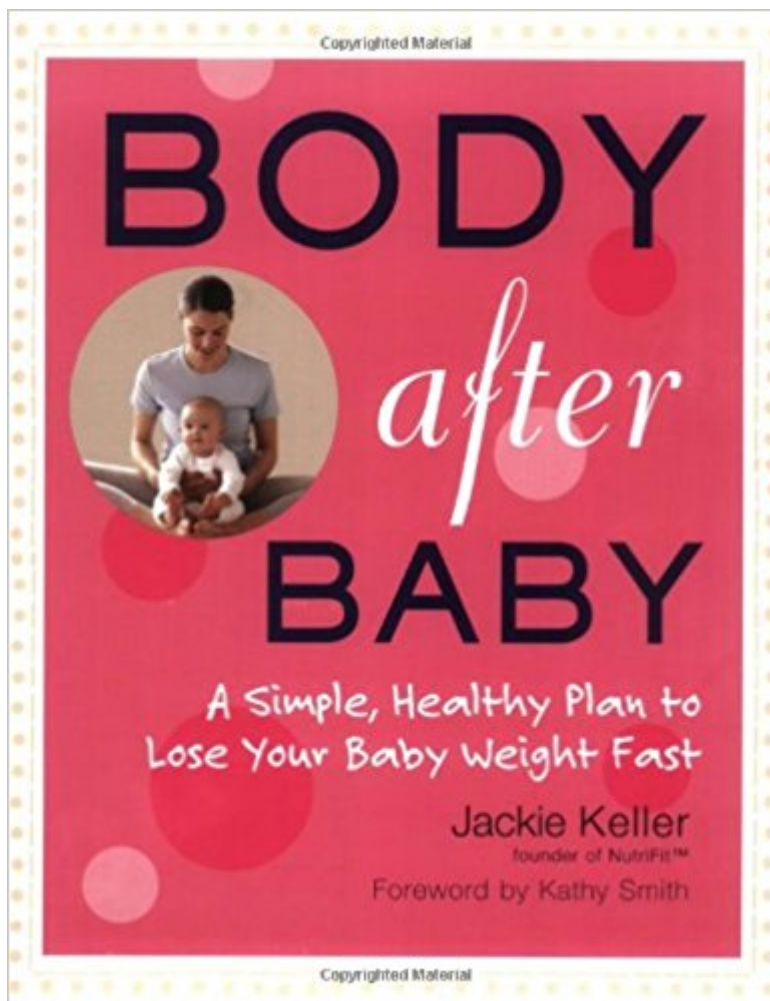


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# Body After Baby: A Simple, Healthy Plan To Lose Your Baby Weight Fast



## Synopsis

Nutrition expert Jackie Keller explains that women's bodies are designed naturally to drop pounds in the thirty days after childbirth. With this in mind, she developed a thirty-day nutrition and workout program composed of easy-prep meals and gentle daily workouts that take ten minutes or less to complete. The Body After Baby plan provides: - Meal plans and more than one hundred delicious recipes rich in the nutrients new moms need; - Helpful weekly shopping lists and label-reading tips; - Nonvegetarian and vegetarian meal options for both breast-feeding and bottle-feeding moms; - and fun movements that mom and baby can do together. Jackie Keller's unique, doctor-approved program has helped some of the most famous celebrities in Hollywood shed their baby weight. Now, women everywhere can follow her plan and not only learn how to lose weight but also how to create a healthy lifestyle for their families.

## Book Information

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## Customer Reviews

Body after Baby is a great plan to keep you healthy for the rest of your life. -- Janet P. Pregler, MD, Director of Iris Cantor-UCLA Women's Health Center  
Jackie Keller delivers a wise plan.... Her good food and exercise regimen make perfect sense. -- Mehmet C. Oz, M.D. professor and vice-chairman of surgery, Columbia University and bestselling coauthor of You: The Owner's Manual  
Jackie Keller taught me that it's not about eating less, it's about eating right! -- Susan Sarandon  
Jackie proves that if you just stay the course, weight loss will follow! -- Tia Carrere --This text refers to an out of print or unavailable edition of this title.

Jackie Keller is a nutrition and health coach and founder of NutriFit, a high-profile company based in Los Angeles that provides gourmet food service and healthy lifestyle education programs. Her celebrity clients include Uma Thurman, Josie Bissett, Marie Osmond, and Ryan Haddon, all of whom lost their "baby weight" using her program. Keller's numerous television appearances include the *Today* show, *Access Hollywood*, *VH1*, *E! Entertainment*, and *The Biggest Loser*.

Despite reviews which cautioned that the plan required too much cooking and prep work, I purchased this book shortly before my first baby was born. I soon realized that those reviews were right. Ms. Keller's approach to the eating plan is unrealistic for a new mom trying to prepare all of these snacks and meals on her own. Why make a "recipe" when a simple piece of broiled salmon and some steamed broccoli will cover the bases nutritionally, and be tasty, too? I also found that the numbers of portions in her recipes were wasteful - she doesn't repeat recipes throughout the plan, so a recipe with 6 portions is going to be wasted in most households with only 2 adults and small children. However, I spent some time before my baby was born breaking down the recipes into basic components and followed the food plans with these modifications. My husband and I ate well, but with much less effort. Additionally, I found that the book's shopping list was impractical - who is really going to buy a month's worth of fresh produce and dairy at once? It would have been much more useful if Ms. Keller had provided weekly shopping lists, perhaps with a longer starter list for pantry items to get readers started. All in all, though, if you're willing to make some adjustments to the approach, I found this book extremely helpful in making sure that I met the nutritional needs of my baby and me during the first weeks after she was born. It also helped me consider portion sizes to ensure that I ate enough calories without going overboard. I found the daily movement plans to be perfect for a truly brand new mom. I started the movement plans the first day I was home from the hospital, and they really helped to gently get my body moving after a couple of sedentary days in a hospital bed. I recommend this book, but know that you will not realistically be able to follow it exactly.

This plan works. Like another reviewer I was able to do it for a week and lost 2 lbs. Then I went back to work and it became impossible to keep up with. Here's why: The plan is split up into three phases, the first phase is supposedly "super easy" to prepare foods. Every day you make foods, and while easy to prepare they still require cooking and preparing multiple recipes per day. Not all of

these foods are things that you can eat throughout the day if you're working either, unless you have a stove and blender at the office. Eventually you are preparing an average of 4 recipes per day plus all the other non-recipe foods you have to assemble and eat. The other main complaint I have is that this is super expensive if you follow it exactly as the author recommends. Every day you have totally new foods for breakfast, lunch and dinner and three snacks. This will require you to purchase every known dried fruit separately and assorted dried fruits. You will purchase every whole grain product ever made, including whole grain pretzels and peanut butter filled whole grain pretzels. The nutrition recommendations are great, she suggests lots of healthy snacks that you can work into a daily habit, and there are tons of nutritious recipes. Overall the plan is not practical if you plan to do anything other than cook recipes for your diet during the course of a day. However, I would still buy the book for its nutritional tips and philosophy.

Loved this book! Easy recipes and I lost 15 pounds in 30 days :) I'm going to do a second time to lose even more.

I was very excited to find this book, I first saw it on TV being advertised. So after baby #3 the weight didn't just "fall off" as it did with my first 2! I was gung ho, starting it when my son was 4 months old. My mother helped me with the first few days, (it DID work) cooking, but when she left...I fell off the wagon! For a couple of different reasons: For one, I have 3 children!!! I cannot cook every meal, including some of the snacks! My 3 hooligans keep me so busy (you would think I wouldn't have time to eat). I gave up one night as I was trying to prepare the next day's meals the night before and only got 2 of them done. The exercise part of it is pointless for me, I vigorously exercise on my own a few times a week, that is not a problem. And for another thing, I agree with another reviewer...there is so much waste! I ate the same lunch for a week! I was cooking 2 meals because my children don't like certain things. I think the plan is wonderful, I think it works, but realistically I cannot physically prepare all of the meals for myself with 3 children. I could have done it with just one child. Maybe. And with her ratios of carbs/proteins and all of that, that is nothing new in the diet plans. Nutritionists use it as the diabetic diet and also the Abs Diet is very similar. I got the book from the library but I am going to buy it because I think there are some good recipes in there and I agree with the basic principles of the diet.

I loved this book. It's great. It does need tweaking so you don't spend as much on things you don't need. Cod fish was expensive so I just chose a fish I liked. I seasoned the food the way I liked

sometimes, just to avoid having to spend too much on new seasonings. This program was very fun for me. I lost 15 pounds in two weeks while nursing and sticking to the meal plan. There is a short plan included, which is very easy and cost effective. I did not do any of the exercises. I would definitely recommend this book! But if you lack the money, try the shorter plan a little ways into the book.

This book was too complicated to use right after having a baby. The nutritional information was nothing new and the meal plan, although it had a lot of variety was complicated. The recipes make multiple servings but the plan does not use more than one serving at a time so you end up with a lot of food that goes to waste.

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