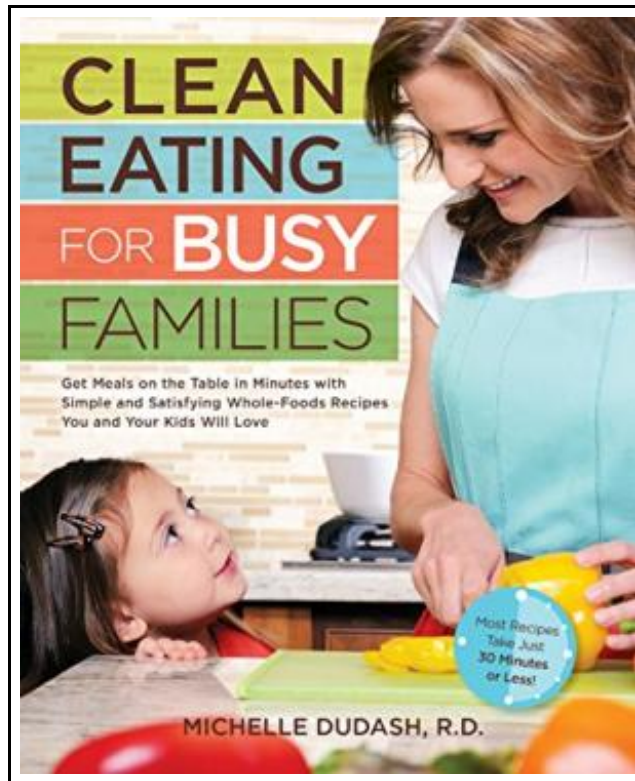


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Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, Clean Eating for Busy Families: Get Meals on the Table in Minutes with Simple and Satisfying Whole-foods Recipes You and Your Kids Will Love-most Recipes Take Just 30 Minutes or Less!, Michelle Dudash, All moms know what a struggle it can be to get dinner on the table night after night-you want to prepare healthy and meals for your family, but picky eaters, busy schedules, and way-too-long cooking times always seem to stand in your way. Clean Eating for Busy Families takes the challenge out of putting delicious food on the family table on a nightly basis by providing you with a clear plan for dinner success. With streamlined weekly grocery lists, simple-yet-delicious recipes, and practical tips for healthy family eating, you'll find it a cinch to trade in that uninspired takeout for wholesome meals that don't just put your tummy to ease, but your mind too. It's Quick: From easy sautes and casseroles, to slow cooker meals, to pan-less grilling, all the recipes you'll find inside list both mode and length of cooking time, so there's no time wasted trying to figure out a time plan or what works best for your schedule. Plus, most recipes can be prepared in thirty minutes or less! It's Clean: The ever-growing "clean food" movement, which focuses on a healthy, whole foods-based approach to eating, lies at the foundation of this book, so you can be sure you're feeding your family the very best. From wholesome ingredient lists to nutritional analysis on every recipe, you can feel confident that every meal you prepare is both nutrient-rich and calorie-conscious. It's Green: Featuring eco-friendly tips, along with information on how to go green while shopping and cooking, you'll find it a cinch to keep your family...



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