



# **Busy People's Super Simple 30-Minute Menus: 137 Complete Meals Timed for Success**

*Dawn Hall*

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Easy step-by-step instructions for *entire meals* that you can make in 30 minutes or less.

After a busy day at home or in the workplace, the best answer to "What's for dinner?" can be found in one of these delicious super-simple, low-fat, heart smart 30-minute menus.

The uniqueness of this can't-miss cookbook is that each menu has clear step-by-step instructions on how to put together the entire menu. Gone are the days of the vegetable being ready five minutes after the meal starts.

In addition, each menu has a pantry list of items you will need but probably already have, a list of cooking pans and bowls, and a grocery list arranged by supermarket department. Also included is a nutritional analysis of each recipe.

*Busy People's Super Simple 30-Minute Menus* ensures that all the elements of your busy-day dinner are ready to each when the family sits down.

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