



The Healthy Family: Cooking for the Rushed

Sandi Richard, Kelly Brett, George Lambros

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Are you rushed? This book is about suppers. Healthy suppers, no desserts, no fancy appetizers, just amazing tasting food that your family will actually eat!!!

- All New Recipes
- 20 minutes or less to prepare a full supper...
- Not just one component!!!
- Grocery lists for each week of suppers
- Full color photo for every recipe, without using photography tricks!
- What you see is what you eat!!!
- Nutritional information for every recipe...including fiber
- Sandi's trademark left to right format makes it easy for even
- Kids to follow the recipe
- Based on five years of testing suppers with real families on the go
- Understand the relationship between physical activity and
- The foods you eat!

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Essie Ryan:

Is it an individual who having spare time then spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something totally new? This *The Healthy Family: Cooking for the Rushed* can be the answer, oh how comes? A book you know. You are consequently out of date, spending your time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

John Bradley:

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