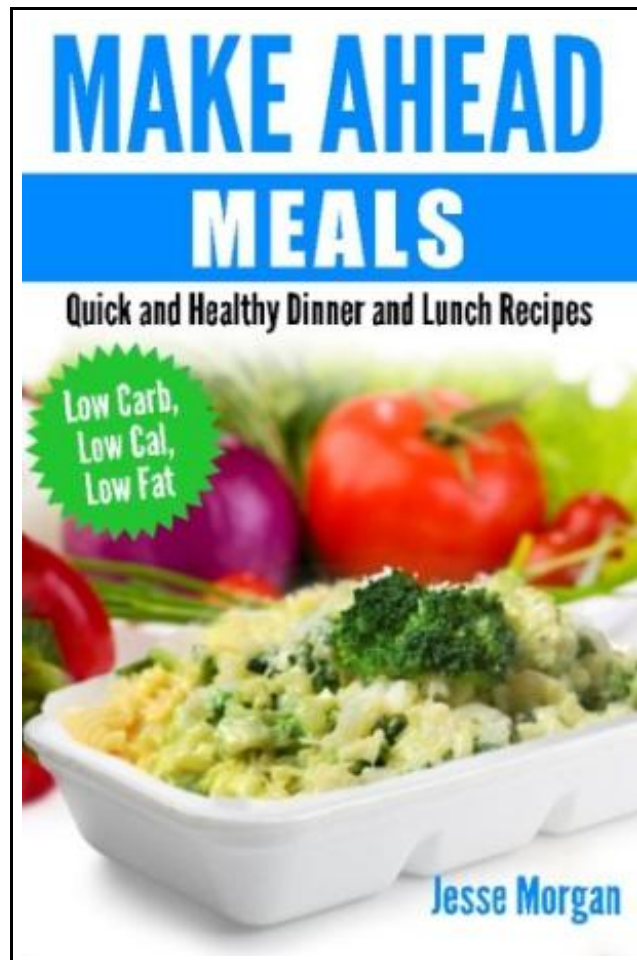


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(Adele Rosenbaum)

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Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Looking for healthy recipes that you can take to work for lunch or prepare and have ready for a quick dinner? My schedule is non-stop with two boys, a job at a thriving dental practice, a husband that wants healthy and hearty meals to support his active lifestyle and a house to maintain. The simple recipes in this cookbook are some of my favorites that you can prepare with minimal effort and enjoy right away or save for a healthy lunch or dinner option later in the week. Make Ahead Meals provides 30 unique recipes that you and your family can enjoy immediately or save and re-heat for a quick and healthy lunch or dinner. There is no fluff in this cookbook, just simple healthy recipes and a couple of chapters with some great tips on food storage and the benefits of eating freshly made meals. Each recipe includes: Ingredient list Step by Step instructions Number of Servings Nutrition details (calories, fat, carbs, protein, sugar, sodium Low Fat Low Carb flags Suggestions on how to store and re-heat each meal Look inside the book, you can download a free food safety guide and a sample recipe from the book. Simple to prepare, healthy ingredients, diet friendly - Get your copy today! Don t have a Kindle? Just search for Free Reading App in the Amazon search bar and you can download an app to read Kindle books on any PC, Mac, Smartphone or Tablet. Or if you prefer you can purchase a printed copy of the book to keep in your kitchen.



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