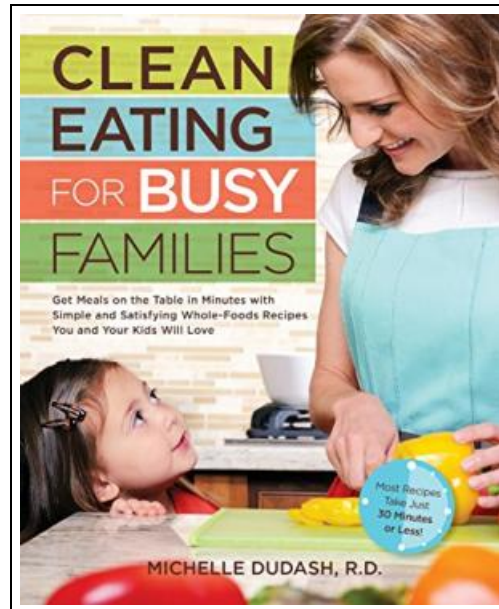


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FAIR WINDS PRESS, United States, 2012. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. All moms know what a struggle 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...

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