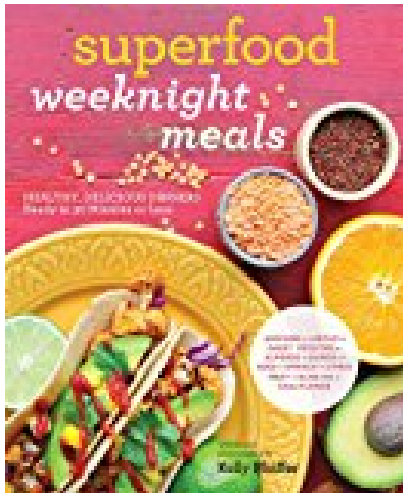


Superfood Weeknight Meals Healthy Delicious Dinners Ready in 30 Minutes or Less At Every Meal



BOOK DETAILS

- Author : Kelly Pfeiffer
- Pages : 192 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592337236

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BOOK SYNOPSIS

Feed your family healthy meals they'll love, any and every night of the week, with Superfood Weeknight Meals. Fast and healthy weeknight cooking - it's an area where almost all families struggle. You want to have a nourishing, family-friendly meal on the table each night, but with too little time and too many picky palates, it can be hard. With Superfood Weeknight Meals, you have a secret weapon. Inside, you'll find simple-yet-creative meals that feature 10 everyday "superfood" ingredients: avocado, lentils, almonds, sweet potatoes, quinoa, eggs, spinach, citrus fruit, olive oil, and cauliflower. With each recipe using at least two of these foods, you can guarantee that your family is getting a healthy meal - and one that you don't have to spend hours in the kitchen making!

SUPERFOOD WEEKNIGHT MEALS HEALTHY DELICIOUS DINNERS READY IN 30 MINUTES OR LESS AT EVERY MEAL - Are you looking for Ebook

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