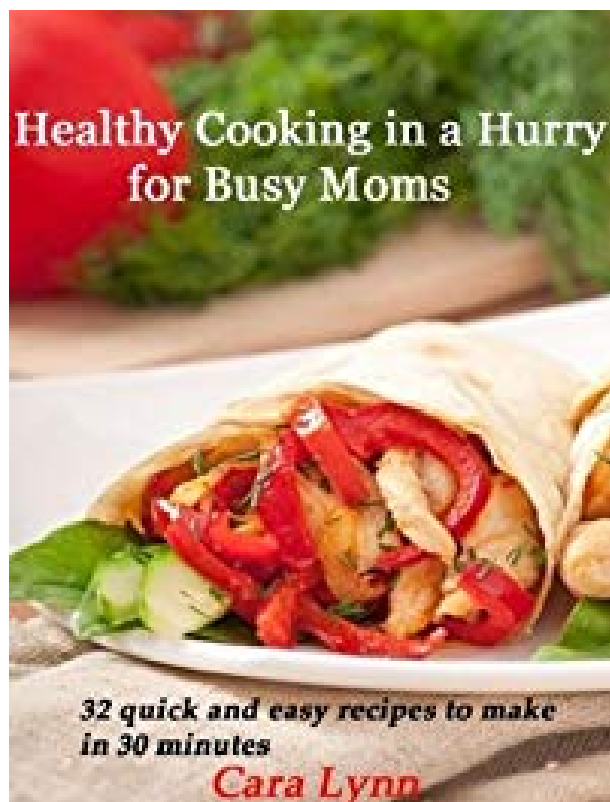


Healthy Cooking in a Hurry for Busy Moms (32 quick and easy recipes to make in 30 minutes)



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Who this book is for: You are a mom, and your number one priority is caring for your children. That means you worry about their education. You worry about their happiness. And, most importantly, you worry about what they are eating and focus on providing them with foods that savor and satisfy. Usually, that means that you do not eat what a mom should eat, and you struggle with your weight and feel drained from high carb and sugar intakes and grabbing processed foods on the go. With obesity, the diabetes epidemic, and constant news coverage about dangers of chemicals and trans-fats in processed foods – as well as all of the skinny women you see all day – you know that you and your family should eat fresh vegetables and fruits, lean meats, and organics. But it takes so much time to prepare those meals, and the frozen and prepared foods aisles are getting so much bigger every day with easier options! It seems too that your children prefer Frosted Flakes to a bowl of oatmeal, so it is difficult to envision spending precious time you do not have to make food that they do not even want to eat. You are tired of buying recipe books for diet “miracle” foods for which you have to go to specialty foods stores to hunt down ingredients that cost entirely too much and that take hours to prepare. They collect dust on your shelf instead of serving you to change your eating habits and improve your life. You also do not have time to go to diet club meetings, you are embarrassed just at the thought of “weighing in” at a support group, and you do not really have the money to invest in a healthy eating program. That is why we wrote this book – to make it easy for busy moms in a hurry to plan and prepare nutritious meals and snacks for themselves while still having time to make the food that their children prefer to eat. The recipes in this book are designed to: 1.

Be prepared from start to finish in thirty minutes or . 2. Complete a healthy daily balance of calories spread across recommended intakes of proteins, fats, and carbohydrates. 3. Limit intakes of chemicals, processed sugars, sodium, and bad fats while still satisfying hunger and cravings. 4. Be easy to shop for with accessible ingredients. 5. Be filled with wonderful flavors that you and your kids will love. 6. Save you money by using all of the ingredients you buy, purchasing in bulk, and avoiding take out and processed foods. This book is designed to help you make it easier to plan and prep meals, to not have to run to the grocery store every day.

1. Meals are broken down into breakfast, lunch, dinner, snacks, and desserts so you can pick which five you want to serve in a day and plan ahead, depending on when your family is together or when you have time to eat. 2. Lunches and snacks are all packable for the busy family on the go to never be without their healthy meal. 3. Breakfast and dinners have a packable variation suggestion for those super busy families. 4. Meals are cross-referenced with other meals that use some of the same ingredients to organize your shopping and buy fewer ingredients, or to use what you already have in the pantry and fridge. 5. Meals can be made in advance to eat at busier times. 6. Adaptations with the same ingredients for kid friendly variations are provided. The ultimate goals of this book are to serve the busy mother and her active family by helping them eat healthier, tastier meals and by saving time in the long run by planning ahead. Bon appétit!