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## Make Ahead Meals: Quick and Healthy Dinner and Lunch Recipes: Low Carb, Low Cal, Low Fat

By Jesse Morgan

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...



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