



# **Healthy Cooking in a Pinch: The Family Cookbook on How to Create Delicious Meals on Busy Days**

*Sheila Royce Garcia*

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## **Healthy Cooking in a Pinch: The Family Cookbook on How to Create Delicious Meals on Busy Days**

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Do you want to learn the simple art of creating healthy meals on busy days? Sheila Royce Garcia shares more than 70 HEALTHY recipes that are family-friendly, delicious, and easy-to-prepare. This cookbook is a guide to help busy families like YOU learn timesaving solutions, essential prepping and planning tools, design a 7-day family menu, and much more. Unlike your average cookbook, Healthy Cooking in a Pinch provides you with techniques to whip up meals in no-time and get dinner on the table effortlessly by using a slow cooker, give leftovers a second life as a different meal; and cook once, eat two or three times. There are a lot of delicious dishes for the family to enjoy that include, chicken, fish, vegetarian, gluten-free, dairy-free, and plant-based meals; paving the way to a more radiant and healthy lifestyle. Examples include Baked Apple Oatmeal Cake, Salad for Breakfast, No-Mayo Egg Salad, Raw Rainbow Salad, Cherry Chicken Skewers, Carrot Cupcake Smoothie, Green Tea Mocktini, and Berry Summer Pie. Healthy Cooking in a Pinch is the family cookbook on how to create delicious meals on busy days.

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