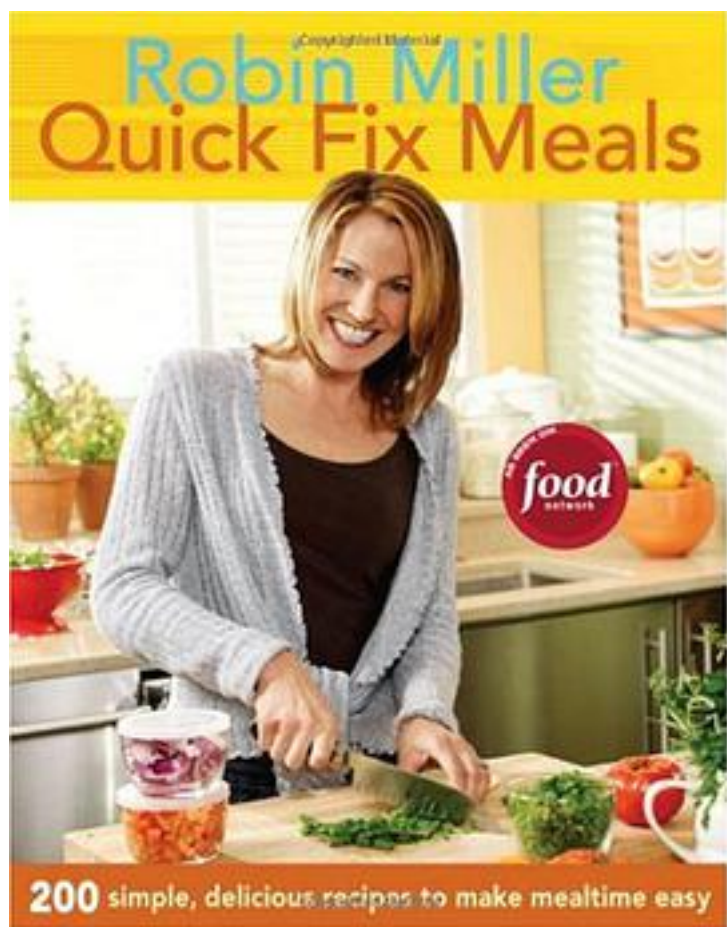


# Quick Fix Meals



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This busy food writer, nutritionist and mother of two has developed 200 family-pleasing recipes and innovative strategies to speed meals to your table day after busy day...Learn how to make Robin's trademark Meal Kits for meals in moments and enjoy the convenience of having tasty entrees, speedy, savoury side dishes and

super-quick desserts, made with wholesome ingredients and many low-fat and no-fat options. "Quick Fix Meals" is full of ingenious and practical time-saving techniques that will keep even the most hurried cook - and hungry family - happy.

作者介绍:

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