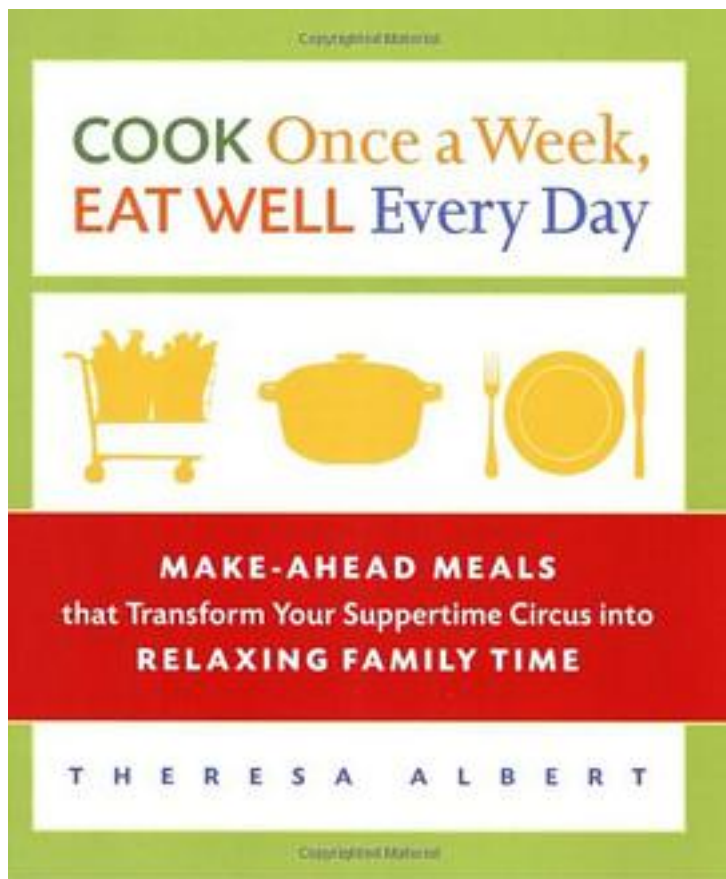


Cook Once a Week, Eat Well Every Day



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Cook Once a Week, Eat Well Every Day is the ultimate cookbook for today's busy parents. Instead of facing a suppertime circus, it allows moms and dads to prepare meals in advance so they can hurry home to more important things. Author Theresa Albert is a home-cooking efficiency expert who shares her culinary knowledge and organizational expertise—she offers more than three months worth of delicious,

nutritious, family-friendly dinners, with plans on how to shop for, prepare, and cook each meal. Since the planning and preparation of each weeknight meal is done in three hours or less on a weekend afternoon, all parents need to do each weeknight is heat things up and get everyone to the table. The thirteen weekly plans feature delicious and affordable recipes for a variety of tastes, such as Chicken Cacciatore, Meatloaf Florentine, Lemony Baked Shrimp, Baked Mashed Potatoes and Potato Skins, Sesame Broccoli Salad, Easy Minestrone, Oatmeal Cookies, and more. With nutritional analyses, itemized shopping lists, great leftover ideas, countless kitchen tips, and "quickie meals from what you've got," Cook Once a Week, Eat Well Every Day offers less stress Monday through Friday, which makes spending time together as a family possible once again.

作者介绍:

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