



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

Jesse Morgan

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Overwhelmed at the end of the day? No idea what to make for dinner?

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 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 each meal

Look inside the book, you can download a free food safety guide and a sample recipe.

Simple to prepare, healthy ingredients, diet friendly - Get your copy today!

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Susan Roundy:

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Edward Apodaca:

In this 21st century, people become competitive in every single way. By being competitive now, people have do something to make all of them survives, being in the middle of the crowded place and notice by simply surrounding. One thing that at times many people have underestimated it for a while is reading. Yep, by reading a reserve your ability to survive enhance then having chance to remain than other is high. For you who want to start reading a book, we give you this Make Ahead Meals: Quick and Healthy Dinner and Lunch Recipes: Low Carb, Low Cal, Low Fat book as basic and daily reading book. Why, because this book is more than just a book.

Michael Davis:

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Adam McGrath:

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