



American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love

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Are you stressed out over how to feed your family a nutritious meal at the end of a long, busy day without turning to convenience foods or the drive-through? Now, the nation's most trusted authority on heart-healthy living presents a cookbook bursting with nourishing, flavorful recipes to please the palates of family members of *all* ages. Since the main dish is usually the starting point of meal planning, more than half the recipes in this book are for entrées.

Here's how they're organized:

- Everyday Dinners
- Busy Nights
- Plan-Aheads
- Cook Once, Eat Twice

To help you incorporate additional vegetables, fruits, and grains into your family's diet, we've included Make It a Meal, a special feature that suggests accompaniments—salads and soups, vegetable and grain side dishes, and even desserts—for many of the main dishes.

From the Hardcover edition.

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From reader reviews:

Tony Sanford:

Precisely why? Because this American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will zap you with the secret it inside. Reading this book adjacent to it was fantastic author who else write the book in such incredible way makes the content inside of easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of advantages than the other book have such as help improving your proficiency and your critical thinking means. So , still want to delay having that book? If I were you I will go to the guide store hurriedly.

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