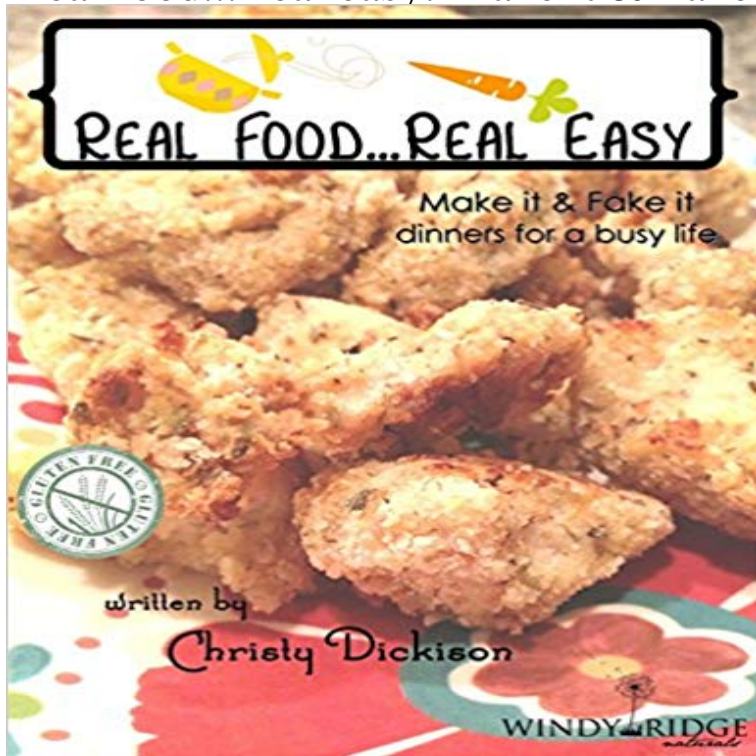


## Real food...Real easy: Make it & Fake it dinners for a busy life



Real food...Real easys Make it & Fake it meal plans make dinner a breeze! Most recipes are gluten-free or offer a gluten-free alternative (many are grain free). This is a great book for moms, dads, or anyone in charge of getting dinner on the table for HUNGRY people with little time to spend in the kitchen! Features over 15 Cook Once : Eat Twice meals, so that you can take a night off! Enjoy Real food like: REAL Chicken Nuggets Square Italian Meatballs The Yummiest Pancakes EVER Crock-pot Taco Soup Mexican Black Beans Bakin Bacon and many, many more! Includes a 4 week dinner meal plans, corresponding shopping lists, and 1 Prep Day each week that allows you to minimize kitchen time throughout the week while making dinners that are family friendly, kid-approved, and healthy, REAL food! You wont find any dyes or cream-of-something in here! Just loads of main dishes and vegetable recipes will expand your culinary endeavors as you create dinner, real food...read easy!

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