



Busy Mom's Mealtime Mastery: Simple, Healthy Exciting Ways to Feed the Family (on a Modest Budget)

By Maggie Fitzgerald

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What's for Dinner? What will it feel like to be the proud owner of a body filled with energy, health and vitality? Add to this the peace of mind of knowing exactly what's on the menu weeks in advance. Imagine putting your feet up while others are scurrying around trying to figure out what to prepare for breakfast, lunchboxes and dinner. What can you do with the extra time in the mornings and evenings? My days just weren't my own and I had no time to myself at all until I discovered these helpful tips and tricks! Cindy from Alabama Announcing Busy Mom's Mealtime Mastery With this complete and handy guide Vanessa Johnson has made it easy and simple to free up precious time and energy, and walk away with a healthy, vibrant body for you and your family. With a background in nutrition and in-the-trenches experience planning meals for her own family, Vanessa Johnson is the go-to expert for meal planning. Discover: Brilliant shopping tips How to solve the leftover puzzle What...

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