

What to Keep on Hand, What to Buy Fresh for the Easiest Ever 30-Minute Meals

By Sarah Schlichter, RDN

Cooking delicious and healthy meals at home doesn't have to be time-consuming or stressful. In her new cookbook, "What to Keep on Hand, What to Buy Fresh for the Easiest Ever 30-Minute Meals," author and registered dietitian Sarah Schlichter shares her secrets for making weeknight dinners a breeze.



Rachael Ray Express Lane Meals: What to Keep on Hand, What to Buy Fresh for the Easiest-Ever 30-Minute Meals: A Cookbook by Rachael Ray

★★★★☆ 4.3 out of 5

Language : English
File size : 1530 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 256 pages
X-Ray for textbooks : Enabled



The book is divided into two parts. The first part, "What to Keep on Hand," provides a comprehensive list of pantry staples and freezer essentials that will help you create a variety of meals with minimal effort. The second part, "What to Buy Fresh," offers a seasonal guide to the best produce to buy each month, along with tips for storing and using it.

Schlichter's recipes are simple and straightforward, and they're all designed to be ready in 30 minutes or less. She also includes a number of helpful tips for meal planning and prep, so you can save even more time in the kitchen.

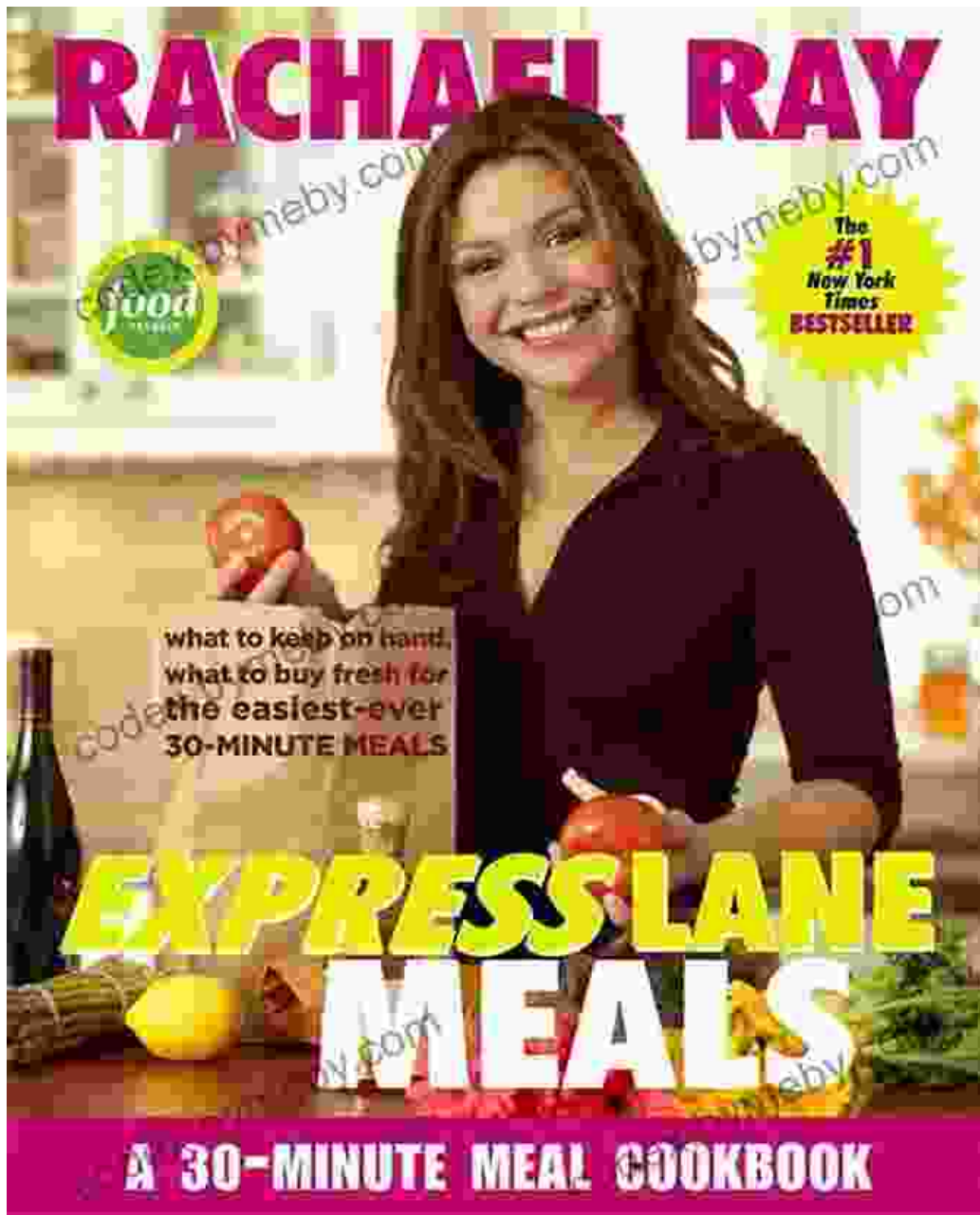
Whether you're a busy parent, a working professional, or simply someone who wants to eat healthier without spending hours in the kitchen, "What to Keep on Hand, What to Buy Fresh for the Easiest Ever 30-Minute Meals" is the perfect cookbook for you.

What's Inside the Book?

- A comprehensive list of pantry staples and freezer essentials
- A seasonal guide to the best produce to buy each month
- 100+ easy and delicious recipes
- Helpful tips for meal planning and prep

Free Download Your Copy Today!

Click here to Free Download your copy of "What to Keep on Hand, What to Buy Fresh for the Easiest Ever 30-Minute Meals" today.



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