



Cooking Light Dinnertime Survival Guide: Feed Your Family. Save Your Sanity!

Sally Kuzemchak MS RD

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Women are juggling more roles and more responsibilities than ever before. But somehow, some way, dinner's still got to get on the table. *Cooking Light Dinnertime Survival Guide* will help women navigate mealtime armed with strategies, tips, and recipes that are targeted to the specific issue they have with dinner--whether that's an insane schedule, a tight budget, or extra-finicky kids. This book highlights the top 10 challenges women face with getting a home-cooked meal on the table and offers empathy and encouragement in the form of doable steps to take and strategies to try, plus more than 150 recipes to make mealtime a breeze.

Feeding kids healthy, home-cooked meals is at the top of every mom's daily to-do list, but hectic schedules and a host of other dilemmas can sometimes keep it from being a reality. *Cooking Light's Dinnertime Survival* helps moms find a way to make it happen--no matter what the challenge may be.

Some features include:

- Smart Strategies that offer fresh advice for a range of topics, such as appeasing your kids' requests for a snack right before dinner because they're starving to money-saving meal-planning solutions.
- Crazy Tricks that Actually Work! Sometimes it takes some out-of-the-box thinking.
- Real Moms, Real Smart tips offer kid-tested strategies and advice from moms around the country.
- More than 200 full-color photos--one with each recipe.

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