



## Lighten Up! 52 Weeks of Dinners: Volume 1 (Paperback)

By Kaylan McKinney Phd

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Lighten Up! is about taking a lighter approach to regular meals in an easy, practical way. Eating healthier doesn't have to be difficult, expensive, time consuming, restrictive, or bland. Eating healthier is really just a matter of making adjustments and better choices so that it's easy to do and becomes natural. That's the surest way to incorporate healthier choices as part of a lifestyle. The recipes in this cookbook have been chosen for taste, ease of preparation, and cost. It's a balance of incorporating fresh ingredients, convenient ingredients, and common ingredients. By planning out healthy dinners, it makes it easier to succeed at being healthier. For that reason, we did the planning for you! 52 weekly meal plans are included in this cookbook along with the matching grocery lists which are organized by aisle and food category, which gets you in and out of the store fast and saves money! The grocery lists are in the back of this book and are also available online if you prefer to print off...



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