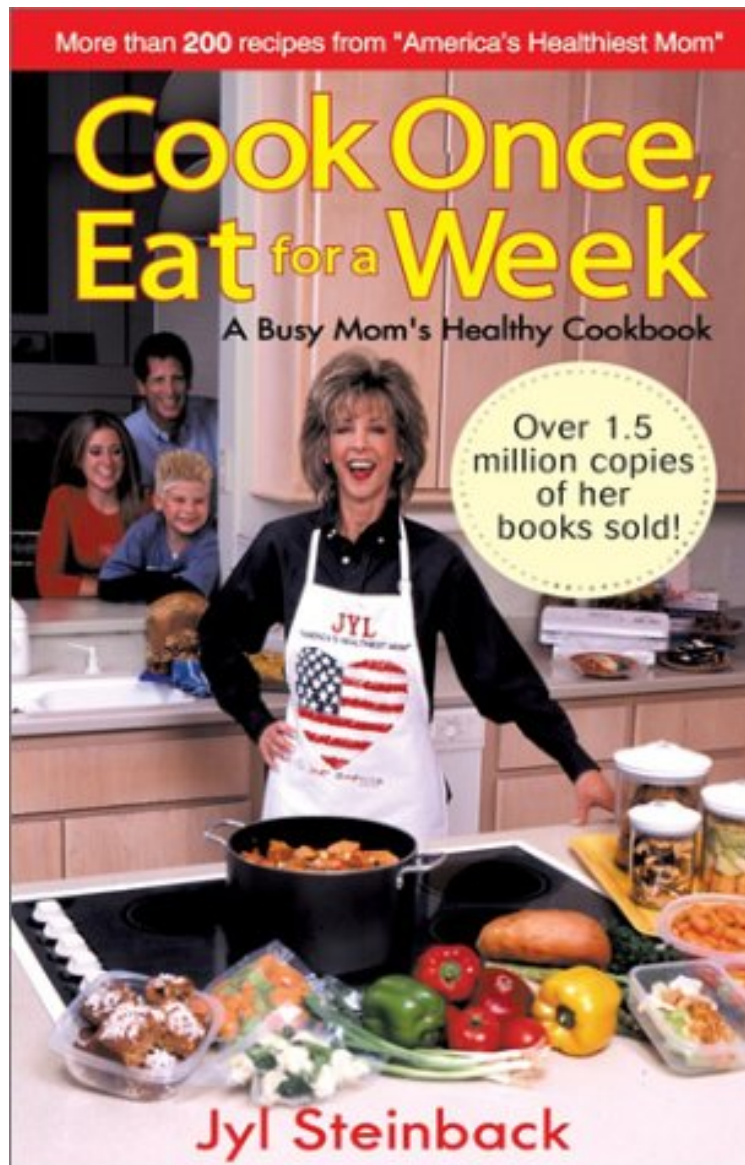


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Cook Once, Eat for a Week

Jyl Steinback

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Jyl Steinback : Cook Once, Eat for a Week before purchasing it in order to gage whether or not it would be worth my time, and all praised Cook Once, Eat for a Week:

0 of 0 people found the following review helpful. Four Stars By Ladera Greenland Lots of interesting, healthy ideas here.. Our family loves it. 0 of 0 people found the following review helpful. Avoid Stress and pre-cook your meals! By Kitchen Maven Good recipes after review, but no pictures! I don't personally like cookbooks with no pictures so I had not tried any of them yet in my kitchen... 1 of 1 people found the following review helpful. Cook Once? When? By

TsquaredThe title of this book implies that the author will help you do a big cookfest on the weekend and then store it for the week. This is just another cookbook. Wish I hadn't wasted my time.

From "America's Healthiest Mom" Jyl Steinback, whose healthy cookbooks have saved the day for countless busy moms, comes a collection of simple recipes for delicious, hearty, good-for-you meals that you can prepare days-or even weeks-ahead. But Cook Once, Eat for a Week is much more than healthy, simple recipes. Jyl also has extra suggestions for making family mealtime happy, healthy, and stress-free, including: Quick and easy ways to keep food fresh Shortcuts that don't cut the flavor Unique two-week mix-and-match menu plan Nutrition information for every recipe, including Diabetic Exchanges and Carbohydrate Choices Invaluable substitution and equivalent charts

About the AuthorJyl Steinback, the author of more than a dozen healthy lifestyle cookbooks, has been featured in many national magazines, including Ladies Home Journal, Fit, and Woman's World. She is a regular contributor to Quick Light Healthy Cooking and a popular spokesperson for healthy living products, and has appeared on many national and local radio and television shows including "CBS This Morning."