

OVER 150 DELICIOUS, HEALTHY RECIPES
IN 30 MINUTES OR LESS

FIT AND FAST MEALS IN MINUTES



LINDA GASSENHEIMER

author of the best-selling *Low-Carb Meals in Minutes* and winner of the James Beard Award

Prevention's Fit and Fast Meals in Minutes: Over 175 Delicious,

Healthy Recipes in 30 Minutes or Less

Linda Gassenheimer

Quick, healthy, great-tasting meals—using an identical process because the author's drastically renowned Dinner in mins column that reaches hundreds of thousands of readers each one week. When Linda Gassenheimer's bestselling cookbook *Low-Carb nutrition in mins* appeared, famed chef Jacques Pépin cheered: "What begins as a nutrition ebook turns into the blueprint for a fit way of life in accordance with beautiful recipes which *Prevention's Fit and Fast Meals in Minutes: Over 175 Delicious, Healthy Recipes in 30 Minutes or Less* are quickly and straightforward to prepare." Reviewers greeted her earlier paintings with comparable enthusiasm. Now this award-winning writer has utilized her nutrients in mins formulation to the most recent USDA nutritional guidelines—emphasizing component keep an eye on and extra fruits, vegetables, and entire grains—and the result's a treasury of one hundred fifty engaging recipes, geared up right into a sensational 4-week meal plan. Recipes diversity from Asian to Mediterranean, from Tex-Mex to Caribbean, from breakfasts like Wild Mushroom Parmesan Omelet to show-stopping dinners like Sicilian Swordfish with Broccoli Linguine. Mouthwatering truffles whole the meals, just like the Velvety Chocolate Mousse that takes under 10 mins to prepare. worthy buying lists make stocking the kitchen as effective as possible, and shrewd permanent recommendation on substitutions permits readers to exploit seasonal and discounted ingredients. having fun with strong nutrition that is right *Prevention's Fit and Fast Meals in Minutes: Over 175 Delicious, Healthy Recipes in 30 Minutes or Less* for you hasn't ever been simpler, or, because the Rocky Mountain information has raved concerning the author's *Dinner in Minutes*: "She does every thing other than come for your domestic and prepare dinner it for you."

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