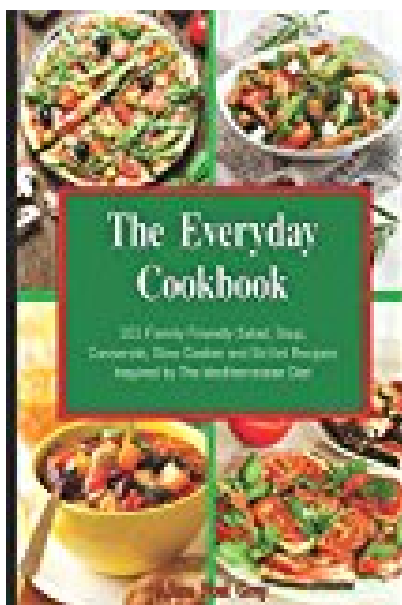


# The Everyday Cookbook 101 Family-Friendly Salad Soup Casserole Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet One-pot and Dump Dinner Cookbooks

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## BOOK DETAILS

- Author : Alissa Noel Grey
- Pages : 155 Pages
- Publisher : Independently published
- Language : English
- ISBN : 152041160X

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## BOOK SYNOPSIS

Whats for dinner! - 101 No-Stress, No-Mess Family Dinners - Spend More Time Enjoying Your Meal And Less Time Preparing It From the author of several bestselling cookbooks, busy mom and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious, easy to make family dinner recipes that will make you healthier, happier and more energetic than ever. This time she offers us 101 comforting and enjoyable everyday meals inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner. The Everyday Cookbook: 101 Family-Friendly Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet is an invaluable and delicious collection of healthy dinner recipes that will please everyone at the table and become all time favorites. If youre looking for delicious everyday recipes that are not too complicated and are budget-friendly - this cookbook is for you.\*\*\*FREE BONUS RECIPES at the end of the book - Superfood Paleo and Vegan Smoothies for Vibrant Health and Easy Weight Loss!\*\*\*

### **THE EVERYDAY COOKBOOK 101 FAMILY-FRIENDLY SALAD SOUP CASSEROLE SLOW COOKER AND SKILLET RECIPES INSPIRED BY THE MEDITERRANEAN DIET ONE-POT AND DUMP DINNER COOKBOOKS** - Are

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