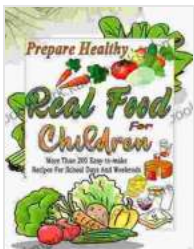


# More Than 200 Easy to Make Recipes for School Days and Weekends

Are you looking for easy and delicious recipes that your family will love? Look no further than this cookbook! With over 200 recipes to choose from, you'll find something for everyone in this book.



## Prepare Healthy Real Food For Children: More Than 200 Easy-to-make Recipes For School Days And Weekends by Tessa Kiros

★★★★☆ 4.6 out of 5

Language : English

File size : 103617 KB

Screen Reader: Supported

Print length : 371 pages

Lending : Enabled



This cookbook is perfect for busy families who are looking for quick and easy meals. With recipes that can be made in 30 minutes or less, you'll be able to get dinner on the table fast, even on the busiest weeknights.

The recipes in this book are also perfect for school lunches. With a variety of recipes to choose from, your kids will never get bored with their lunches. And with recipes that are easy to pack and transport, you'll be able to send your kids to school with a healthy and delicious lunch that they'll love.

The recipes in this book are also great for weekend meals. With a variety of recipes to choose from, you'll be able to find something for everyone in

your family to enjoy. And with recipes that are easy to make, you'll be able to relax and enjoy your weekend.

So what are you waiting for? Free Download your copy of this cookbook today and start enjoying delicious and easy meals with your family!

## **Table of Contents**

- Breakfast
- Lunch
- Dinner
- Snacks
- Desserts

### **Breakfast**

- Oatmeal with berries and nuts
- Yogurt parfaits with fruit and granola
- Scrambled eggs with cheese and vegetables
- Whole-wheat pancakes with syrup
- Waffles with fruit compote

### **Lunch**

- Sandwiches on whole-wheat bread with lean protein, cheese, and vegetables
- Salads with grilled chicken, fish, or tofu

- Soup and crackers
- Pasta salad with grilled vegetables and cheese
- Leftovers from dinner

## **Dinner**

- Grilled chicken with roasted vegetables
- Salmon with rice and steamed broccoli
- Spaghetti with meatballs
- Tacos with ground beef, cheese, and vegetables
- Pizza with whole-wheat crust and vegetables

## **Snacks**

- Fruit and vegetables
- Yogurt
- Cheese and crackers
- Trail mix
- Popcorn

## **Desserts**

- Fruit salad
- Pudding
- Cookies
- Brownies

- Ice cream



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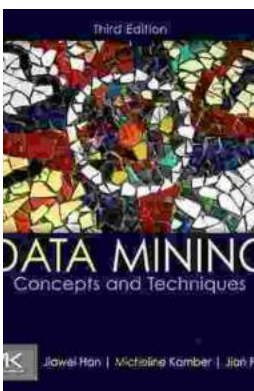
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