



20 most useful

Cooking tips and hacks

Make It Easy In Your Kitchen

Deborah Hoglund



Make It Easy In Your Kitchen:

Make It Easy Stacie Billis, 2016-05-10 Cooking doesn't have to be a chore. Why make it difficult when it can be easy? When you're juggling a job, kids, pet, house, spouse, you name it, it can be tough to resist the urge to toss a frozen meal in the oven and call it a day. Stacie Billis knows the challenge of feeding your family well without stress. Make It Easy's 120 recipes prove that you don't have to be only a scratch cook or convenience cook. You can be both, and there's no shame in using store-bought ingredients when you're in a pinch. Stacie's got a guide to the healthiest shortcuts in the supermarket and three big tips for making it easy: 1. Go between scratch and homemade with her handy shopping guide. 2. Mix and match recipes that build on the same ingredients. 3. Break any rule that makes you want to bolt from your kitchen. With recipes for Blueberry Almond Polenta, Country Style Greek Salad, Slow Cooker Hoisin Pulled Pork, No Fuss Roasted Paprika Chicken, Chili Rubbed Steak Tacos, Salmon Rice Bowl, Parmesan Roasted Broccoli, Easy Food Processor Pizza Dough, Gingered Peach Crisp, Hummingbird Muffins, Bacon Cheddar Waffles, and many more. Take Control of Your Kitchen Mary Collette Rogers, 2004-12 A kitchen organizing guide to make cooking both easy and enjoyable. Provides kitchen layouts and more importantly explains the process of arranging an existing kitchen to get optimal use. This book walks the novice and expert cook through the process of making meal planning and cooking an easier task. Make It Easy Danielle Walker, 2024-09-10 NEW YORK TIMES BESTSELLER A super flexible meal prep cookbook featuring 125 healthy, gluten-free, grain-free, and paleo recipes, plus 15 weeks of menu plans, detailed meal prepping advice, grocery lists, and more from the author of the *Against All Grain* series. In this practical time-saving guide to meal prepping and menu planning, beloved author Danielle Walker removes all the guesswork from your daily effort to get food on the table. Make It Easy presents fifteen weeks of menus along with prep-ahead and make-ahead tips, shopping lists organized by grocery store departments, and proven methods for getting it all done quickly and effortlessly. Because we all prep in different ways depending on the size of our families and the busyness of our lives, Danielle has identified six prepper personas and developed recipes for each type. Recipes such as Greek Lemon Chicken with Artichokes or Teriyaki Meatballs can be made in large quantities and frozen for later, while Fried Pineapple and Pork Rice or Meatballs, Marsala with Mashed Roots, use store-bought ingredients for no-fuss quick meals. And Steak and Eggs, Breakfast Tacos, or Veggie and Shrimp Bowls are designed so components can be made ahead and then repurposed for other meals the same week. Meal plans can be followed in any order, and nearly every recipe is photographed. And with additional recipes for breakfasts, snacks, sides, and back-pocket dinners, dishes using pantry ingredients you already have, this deliciously healthy cookbook provides everything you need to meal plan right. **Simple Dinners Every Day** Nicole Maguire, 2025-09-30 This book is here to help. Whether you're here to completely change the way you plan and cook or just to find a few go-to dinners that will stop you from panic ordering takeaway, I've got you. With more than 3 million followers, Nicole Maguire of Simple Home Edit is loved for her flavour-packed, family-friendly dinner ideas from cosy bakes that cook

themselves while you get on with your day to one pan wonders maximum flavour and minimal clean up and surefire no fuss favourites ready in under 20 minutes Now in the follow up to her bestselling Simple Dinner Edit Nicole shows us that planning for the week doesn't just make life easier it saves time money and a whole lot of stress And it doesn't have to be complicated just a few small steps can make all the difference With a bit of weekend prep smart shopping hacks and a bank of core meals you can reclaim your weeknights and enjoy delicious dinners every single day This is a specially formatted fixed layout ebook that retains the look and feel of the print book <https://simplehomeedit.com> <https://www.instagram.com/simplehomeedit> <https://www.tiktok.com/simplehomeedit> *DASH Diet 20-Minute Meals: Easy 5-Ingredient Recipes for Seniors*

Julian Alistair Thorne, 2025-09-06 Healthy eating for your heart can be simple and fast This cookbook created for seniors provides delicious DASH diet meals that are ready in 20 minutes and use only five ingredients DASH Diet 20 Minute Meals is your guide to effortless heart healthy cooking It removes the complication and stress from preparing food helping you manage your health with simple satisfying recipes This book makes it easy to follow the highly recommended DASH diet for blood pressure support With quick prep times and minimal ingredients you will spend less time on your feet in the kitchen and more time enjoying your meal Discover the simplest way to care for your heart Ready in 20 Minutes or Less Enjoy a complete home cooked meal in almost no time at all These recipes are perfect for saving you time and energy every day Just 5 Simple Ingredients Every recipe uses only five common and affordable ingredients This makes grocery shopping and meal preparation incredibly easy Easy to Read Simple Steps The instructions are straightforward and presented in a clear format There are no confusing or difficult cooking techniques Complete Nutritional Information All recipes include key nutritional facts with a focus on sodium content to help you easily manage your health goals This cookbook is the perfect solution for any senior who wants a no fuss effective way to support their heart health Stop worrying about complicated meals Get your copy today and start enjoying quick delicious and heart healthy food tonight Easy. Whole. Vegan. Melissa

King, 2016-09-06 Wouldn't you do more healthy cooking at home if you only had the time It can be tough to put dinner on the table without falling back on packaged processed foods But for Melissa King watching her two young daughters struggle with health issues was tougher She switched her family to a whole foods plant based diet and it made all the difference Today Melissa is a master at crafting flavor packed no stress recipes that are Easy Whole Vegan Plus they're gluten free Here are her top 100 meals snacks desserts and more ingeniously organized by need to help busy families find the right one QUICK Make Sweet Potato Pancakes or Avocado Chickpea Stuffed Cucumbers in 30 minutes or less EASY Multitask effortlessly with slow cooker dishes like Chili Mac Cheese MAKE AHEAD Prep Lentil Shepherd's Pie when you do have time and freeze it for later Melissa explains exactly how Plus ENTERTAIN with White Bean Zucchini Burgers MAKE IT YUMMY with wholesome condiments like Hidden Veggies Tomato Sauce and hydrate for health with PICK ME UPS like Beet Orange Ginger Juice or a Tropical Green Smoothie You do have time to cook whole vegan food at home once a week or all the time It's easy **DASH**

DIET COOKBOOK FOR SENIORS Deborah Hoglund, 2025-03-17 Do you finally want a diet that works Do you need to lower your blood pressure and want to lose a few pounds at the same time Do you want to feel good in your body again Then the Dash diet is just right for you In this book you will find everything you need to know about it What exactly is the Dash diet and how does it work Most people including seniors find it difficult to implement and stick to a diet It s a good thing that Dash isn t a diet in the true sense of the word Because Dash is a way of eating Integrating the new habits into everyday life is still a hurdle that must be overcome With this 14 day challenge you ll learn about healthy foods You ll also find lots of recipe ideas following the practical guide in this book You can also combine everything with each other and mix them up This creates a variety of ideas that should make it easier for you to integrate Dash into your everyday life After 14 days with your Dash diet you ll feel fitter and lighter All without going hungry or doing without You ll be given enough ideas and knowledge for the future to incorporate this diet into your life The average American consumes up to a whopping 3 400 mg of sodium per day over a thousand milligrams more than the Dietary Guidelines for Americans suggest and nearly two thousand milligrams more than the American Heart Association recommends Mayo You don t have to look far to find proof that the whole food approach and the Dash diet work US News and World Report has ranked the Dash diet at the top of the list for the eighth year in a row Why is it considered the best diet you may ask Well after consulting many doctors the answer is quite simple First of all it works And it allows its users to eat a balanced diet thus it is proven to help in weight loss without compromising a person s balanced diet What will you learn Understanding Blood Pressure and Your Body Why DASH Works Especially Well for Seniors What it Can Do for the Body Adapting Your Kitchen for Comfort and Safety Essential Tools That Make Cooking Easier Smart Storage Solutions for Solo Living Budget Friendly DASH Shopping Strategies What a Daily Menu Looks Like Including Many Great Recipes You want to know more Get your copy now Scroll up and click on BUY NOW WITH 1 CLICK

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fasting and gut health improvement The book offers a practical step by step approach that guides you through the process of incorporating fasting into your life while maintaining a healthy gut system You ll learn how to start gradually listen to your body and make adjustments as needed to ensure a safe and effective fasting experience Expert Advice Tailored for Newcomers The author shares expert advice tailored for newcomers to fasting and gut health You ll receive guidance on selecting the right fasting method for your needs managing potential side effects and overcoming common challenges Additionally the book addresses misconceptions about fasting and provides evidence based information to help you make informed decisions about your gut health journey Customizable Fasting Plans for Your Unique Needs One of the key features of Gut Health and Fasting for Beginners is its customizable fasting plans The book provides detailed instructions for various fasting methods such as intermittent fasting prolonged fasting and time restricted feeding You ll be able to choose the plan that best suits your lifestyle health goals and personal preferences ensuring a tailored approach to improving your gut health Delicious Gut Friendly Recipes and Meal Planning Tips To support your fasting journey and gut health this book includes a collection of delicious and gut friendly recipes that are easy to prepare and packed with nutrients You ll find options for breakfast lunch dinner snacks and beverages that cater to various dietary preferences and restrictions Additionally the book offers meal planning tips and strategies to help you create balanced satisfying meals that nourish your gut and support your fasting goals A Holistic Approach to Gut Health and Well Being Gut Health and Fasting for Beginners takes a holistic approach to improving your digestive system and overall well being In addition to fasting techniques the book explores the role of stress management sleep exercise and mindfulness in maintaining gut health By integrating these practices into your daily routine you ll be better equipped to achieve lasting improvements in your gut health and overall wellness Embark on Your Gut Health Journey Today With Gut Health and Fasting for Beginners as your guide you ll be well on your way to restoring balance in your digestive system and experiencing the countless benefits of improved gut health **Paleo**

Desserts For Dummies Adriana Harlan, 2015-05-28 More than 125 simple and sweet recipes for Paleo friendly desserts Following a Paleo Diet doesn t mean you have to give up your favorite desserts and treats Paleo Desserts For Dummies offers up more than 125 tasty and delectable dessert recipes that you can enjoy while staying true to the Paleo lifestyle From chocolate cake and blueberry muffins to maple walnut ice cream and cookie dough Oreo cookies there s something to please every palate in this collection of Paleo friendly desserts The Paleo diet is one of the hottest diet and healthy eating approaches around as more and more people discover an appealing and sustainable alternative to the restrictive diets that can lead to burnout and failed weight loss efforts Using natural foods to achieve great health and a perfect physique the Paleo diet can lower the risk of cardiovascular disease blood pressure and markers of inflammation as well as help promote weight loss and optimal health Plus it has become a lifesaver for the millions of Americans with celiac disease who benefit from eating natural and gluten free foods Provides recipes that are all made with nourishing whole foods with no added

refined sugars gluten grains or soy Includes Paleo recipes for holiday treats like chocolate pumpkin pie Halloween ghost truffles and a fudgy peppermint bark Gives you access to a handful of additional Paleo dessert recipes on dummies com Helps you discover the healthy alternatives to sugar and chemical laden junk food With the satisfying recipes in Paleo Desserts For Dummies you ll soon discover how sweet it is to give in to primal cravings

New Diabetic Cookbook: 500 Easy Recipes for Balanced Meals & Healthy Living Adrian Castillo, 2025-09-06 Managing your health does not mean sacrificing flavor This cookbook provides 500 easy and delicious recipes to help you enjoy satisfying meals while supporting your wellness goals New Diabetic Cookbook is your complete resource for balanced meals and healthy living With a huge variety of simple diabetic friendly recipes you will never have to wonder what to cook again This guide makes it easy to eat well every single day This book helps you take control of your diet without feeling deprived It shows you how to prepare flavorful dishes that you and your entire family can enjoy Healthy living can be simple affordable and delicious Inside this essential guide you will find 500 Easy and Delicious Recipes Discover an incredible variety of options for breakfast lunch dinner snacks and even desserts Say goodbye to mealtime boredom forever Simple Everyday Instructions Each recipe features straightforward directions and uses common ingredients found at any grocery store No complex cooking skills are needed Designed for Diabetic Health Every meal is created to be balanced and support blood sugar management giving you confidence in your food choices Complete Nutritional Information All recipes include detailed nutritional facts such as carbohydrate counts to make meal planning simple and stress free This is the only diabetic cookbook you will need for a lifetime of healthy enjoyable eating It is perfect for anyone looking to make a positive and lasting change Get your copy today and rediscover the joy of delicious healthy food

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