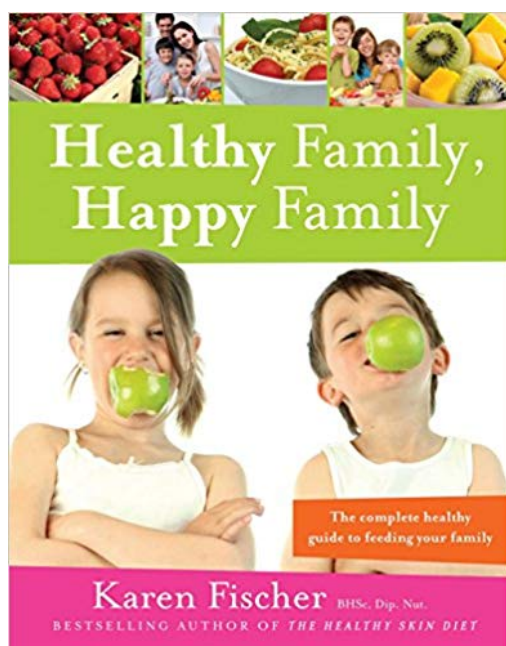


Healthy Family, Happy Family: The Complete Healthy Guide to Feeding Your Family *by* Karen Fischer



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Healthy Family, Happy Family shows you how to cook quick and delicious meals. You also prepare many of them in bulk so you don't have to cook every night. It also teaches you how to 'market' healthy food to fussy kids so that they choose vegies over KFC! The book includes over 100 recipes as well as weekly menus and detailed shopping lists. These are the keys to saving time and money. Specialised recipes cover lunchbox options, vegetarians and vegans, gluten-free, parties and picnics.



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