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The Speedy Sneaky Chef: Quick, Healthy Fixes for Your Favorite Packaged Foods

Missy Chase Lapine

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The Speedy Sneaky Chef: Quick, Healthy Fixes for Your Favorite Packaged Foods Missy Chase Lapine *New York Times* bestselling author Missy Chase Lapine inspired legions of parents to “sneak” good food into their children’s meals with *The Sneaky Chef*. Now she extends her concept of “sneakiness” into “speediness”: giving her fans 75 all-new healthy recipes that they can prepare in a flash. Missy knows that most parents rely on packaged foods to feed their families, and she’ll show how to reap the benefits of convenience foods without sacrificing nutrition, including:

• Quick fixes for jarred tomato sauce, mac-and-cheese, pancake mixes and cereals.
• Clever Shortcuts that will get weeknight cooks out of the kitchen in a hurry.
• Info on navigating options in the supermarket, what to look for when choosing packaged foods, shaving minutes—and calories—from every shopping trip.
• Recipes that are dense in nutrients, while low in calories, fat, sodium, and sugars.
• Fast tips such as “Sneaky Swaps” and “Sneaky Supercharges” that will kick meals up a notch.

Best of all, *The Speedy Sneaky Chef* offers the best thing of all: time! Less time in the kitchen means more family time. Plus there’s the peace of mind of knowing that meals are not just convenient, but healthy.

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Christine Erhart:

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Christopher Hannah:

Why? Because this The Speedy Sneaky Chef: Quick, Healthy Fixes for Your Favorite Packaged Foods is an unordinary book that the inside of the guide waiting for you to snap it but latter it will shock you with the secret the item inside. Reading this book close to it was fantastic author who write the book in such awesome way makes the content interior easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of gains than the other book include such as help improving your expertise and your critical thinking method. So , still want to postpone having that book? If I were you I will go to the book store hurriedly.

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