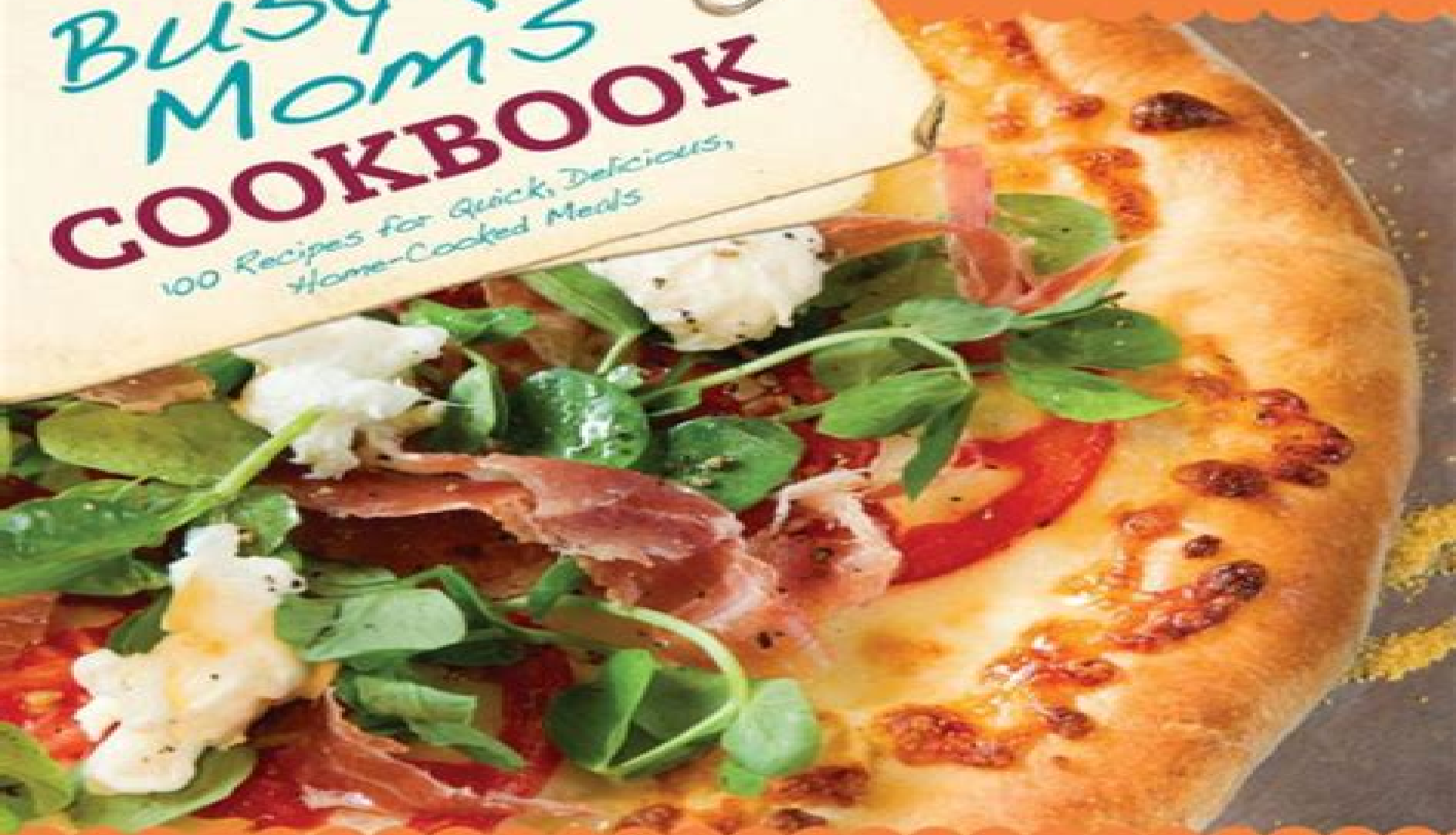


THE BUSY Mom's COOKBOOK

100 Recipes for Quick, Delicious,
Home-Cooked Meals

"Smart, no-nonsense, wise, and a
reliably terrific chef. . . . It's about
time [Antonia] wrote a book."

—Anthony Bourdain



ANTONIA LOFASO

The Busy Moms Cookbook 100 Recipes For Quick Delicious Home Cooked Meals

Lingsheng Yao



The Busy Moms Cookbook 100 Recipes For Quick Delicious Home Cooked Meals:

The Busy Mom's Cookbook Antonia Lofaso, 2012-08-02 Bravo's Top Chef All Star and Los Angeles executive chef serves up more than 100 quick and easy family recipes that she developed as a hardworking single mom. America's 26 million working moms face the challenge of getting a delicious home cooked dinner on the table. For Antonia Lofaso, the issue hits especially close to home because she holds down multiple jobs in the food world, no less. She continues to participate in activities and appearances for Bravo and Top Chef while serving as executive chef of Black Market Liquor Bar. Through it all, she has developed a fantastic repertoire of meals that keep families bonded: quick, nourishing, hearty fare that soothes the soul. Showcasing Lofaso's top picks, *The Busy Mom's Cookbook* includes breakfast favorites ranging from pancakes to the world's best blueberry muffins and easy but satisfying dinners such as Beef Stroganoff with Creamy Pappardelle and Fish Tacos with Corn Tomatillo Salad. She even tackles the brown bag lunch with choices that the other kids will envy, including BBQ Chicken Pita Pocket and Turkey and Swiss Panini. *The Busy Mom's Cookbook* is the first book to bring star-quality culinary expertise to the specific needs of busy parents. Laced with memories and lessons from Lofaso's own experience as a working mom, this cookbook speaks from the heart with inspiring real-world wisdom and plenty of lighthearted humor to encourage every reader to savor the rewards of making mealtime memorable.

Dump-and-Go Delicious: 100 Quick & Easy Recipes for Effortless Meals in 30 Minutes or Less Rachel T. Whitmore, 2025-08-12 Are you tired of chaotic weeknight dinners, endless clean up, and last-minute meal decisions? *Dump and Go Delicious* is your solution to stress-free home-cooked meals that are fast, flavorful, and family-approved. Whether you're juggling work, parenting, or a packed schedule, this essential cookbook makes it easy to eat better without sacrificing your time or energy. Perfect for busy families, beginner cooks, and anyone looking to simplify mealtime, this book is packed with 100 fast, no-fuss recipes you can dump in a dish, slow cooker, Instant Pot, or sheet pan and walk away. Inside this ultimate dump dinner playbook, you'll find 100 time-saving recipes designed for effortless prep and easy clean up. One-pot, Instant Pot, sheet pan, slow cooker, and casserole meals for every craving. Hearty dinners, comfort classics, make-ahead freezer meals, and vegetarian-friendly options. Prep labels, cooking times, pantry swaps, and freezer-friendly tips for maximum flexibility. Kid-friendly flavors, budget-conscious ingredients, and step-by-step instructions that anyone can follow. From creamy casseroles and Tex-Mex favorites to savory soups and freezer-friendly weeknight wins, *Dump and Go Delicious* delivers maximum flavor with minimal effort. This isn't just another cookbook; it's your daily time saver, sanity saver, and flavor hero in one. Ideal for readers searching for easy dump-and-go recipes, one-pot family meals, 30-minute dinners with minimal prep, Instant Pot and slow cooker cookbooks, casserole and freezer meal cookbooks, healthy quick meals for busy weeknights. Whether you're cooking for one, feeding a hungry family, or stocking your freezer for the month ahead, this book is designed to meet you where you are with comfort food that cooks itself and tastes like you worked all day. Dump the stress, not the flavor. Dinner just got easier.

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Rachel T. Whitmore, 2025-08-12 Too busy to cook Tired of takeout Discover the easiest way to get dinner on the table fast affordable and with zero stress If your weeknights are packed and your energy is running low Dump and Go Cookbook is the time saving kitchen solution you ve been waiting for Whether you re feeding picky kids managing a full time job or simply trying to avoid a pile of dirty dishes this book shows you how to create hearty healthy one pot meals using simple ingredients and almost no prep Written for real life cooks juggling work family and the never ending dinner dilemma this cookbook turns busy nights into comfort filled victories Just dump the ingredients into your slow cooker Instant Pot sheet pan or casserole dish and go No fancy techniques no complicated steps just reliable flavorful meals you ll make on repeat Inside this ultimate dump meal playbook you ll find 100 family approved one pot recipes perfect for weeknights meal prep or lazy weekends Dump and go instructions for slow cookers Dutch ovens Instant Pots and sheet pans zero guesswork Comfort food made simple creamy pastas cheesy casseroles nourishing soups and satisfying vegetarian options Freezer friendly budget conscious and picky eater tested to suit any household A 7 day meal plan with grocery lists to help you batch cook and save time all week Minimal cleanup because your sink shouldn t be the hardest part of dinner Whether you re a beginner in the kitchen or a busy home cook looking to simplify your routine this book makes dump cooking doable delicious and deeply rewarding Perfect for families meal preppers and anyone who wants great food without the fuss If you ve enjoyed top selling books like The Dump Dinners Cookbook One Pot Magic or Fix It and Forget It then you ll love this essential go to guide for easy comfort food [Sweet Potato Soul Vegan Vibes](#)

Jenné Claiborne, 2025-02-04 100 vegan recipes that bring plant based fun to the plate for every meal of the day from the beloved author of Sweet Potato Soul Jenn Claiborne

transforms divine soul food favorites into nourishing delicious and approachable plant based dishes you'll want to make on repeat Carleigh Bodrug New York Times bestselling author of PlantYou Jenn Claiborne knows that vegans have more fun She's been enjoying the vibrant health energy and joy from eating plants vegan vibes for more than a decade In that time the vegan space has exploded with fake meats and cheeses fast foods and processed treats galore While exciting these options don't tap into the vibrancy of the vegetable world In Vegan Vibes Jenn invites you to fall in love with cooking and eating plants in their delicious diversity After stints in New York City and Los Angeles she's returned to her hometown of Atlanta Georgia where she is freshly inspired in her vegan kitchen by the city's multicultural influences collard green soup mellowed by miso sweet potatoes crisped in the air fryer and heated with jerk seasoning and corn ribs kissed by Korean gochujang sauce Jenn has transformed her favorite veggies into crowd pleasing meals that are quick and easy enough for even the most hectic schedule Vegan Vibes offers 100 dishes that are almost as much fun to make as they are to eat That means laid back whole food based ingredient lists plus straightforward no fail techniques And her unique flair for flavor elevates the simplest dish a citrus spin on Mushroom Carnitas Tacos Watermelon Gazpacho for the ultimate refreshing soup and Magical Hummus packed with umami mushroom flavor With gorgeous photography for each recipe Vegan Vibes includes Super yummy breakfasts Indian Tofu Scramble Rose Tahini Granola Killer apps snacks and salads Beet Latkes Bali Shaved Brussels Salad Comforting soups Sweet Potato Bisque Hearty entrees Curried Red Bean Tacos Korean Pulled Shroom Sandwiches Black Bean Pizza Perfect beverages Dirty Candy Sour Pineapple Rose Sangria Drool worthy desserts Miso Caramel Banana Pudding Cardamom Brown Sugar Pound Cake Brimming with unexpected flavorful dishes Vegan Vibes is the cookbook that will inspire everyone vegan or not to crave more plants

The Nozempic Diet Cookbook Rose J. Cravens, 2025-07-14 Tired of watching your carefully prepped Nozempic friendly meals fall short leaving you hungry unbalanced or stuck in a bland food rut Frustrated by diets that promise health but deliver complicated recipes or unsatisfying plates As a health conscious foodie you deserve to master your kitchen with confidence not battle hunger or blood sugar spikes The Nozempic Diet Cookbook is your ultimate guide to conquering every meal with vibrant nutrient packed dishes that make you the hero of your wellness journey This revolutionary cookbook transforms your kitchen into a haven of flavor with 100 high protein high fiber low glycemic recipes designed to mimic GLP 1 effects for appetite control and blood sugar stability No more guesswork no more boring meals just delicious balanced bites that fuel your body and delight your taste buds From Greek Yogurt Parfait with Berries to Baked Salmon with Asparagus every recipe is crafted for ease variety and lasting health Over 5 000 downloads in just 3 days Get your copy now before the price increases Why This Cookbook Makes You a Wellness Champion Saves Your Health Goals The Nozempic Plate 50% non starchy veggies 25% lean protein 25% complex carbs ensures every meal like Lentil and Kale Soup keeps you full and energized without spiking blood sugar Effortless Mastery Simple recipes with clear instructions and prep times most under 30 minutes guarantee no more kitchen flops just satisfying results even on

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Half of all our meals are now eaten outside the home. The result: Skyrocketing rates of heart disease and diabetes and unprecedented levels of childhood obesity. This crisis is movingly portrayed in author and activist Laurie David's new documentary co-executive produced with Katie Couric, *Fed Up*. Luckily, we have a solution. Studies have clearly shown that eating home-cooked meals reduces obesity and develops lifelong healthy eating habits. There is an exciting movement afoot that involves a skillet, a few good knives and some fresh ingredients. Home cooking is making a comeback. In *The Family Cooks*, David inspires parents and kids to take control of what they eat by making it themselves. With her long-time collaborator Kirstin Uhrenholdt, David worked up more than 100 recipes that are simple, fast, low in the bad stuff and high in the good stuff and designed to bring kids into the cooking process. The authors also demystify cooking terms and break down basic prep techniques, creating stress-free meals that foster health, togetherness and happy palates. *The Family Cooks* is the ideal companion for unseasoned chefs of all stripes, whether they're parenting or being parented.

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