

# 15 MINUTE

# LOWFAT

# MEALS

A COOKBOOK FOR THE BUSY PERSON

Tasty, lowfat meals  
made with  
everyday ingredients.

Jayne Benkendorf  
Author of *The Food Bible*  
and Publisher of *"The Companion"*

# 15 Minute Lowfat Meals A Cookbook For The Busy Person

**Jayne Benkendorf**



## **15 Minute Lowfat Meals A Cookbook For The Busy Person:**

**15 Minute, Lowfat Meals** Jayne Benkendorf,1996

**Busy People's Low-Carb Cookbook** Dawn Hall,2009-03-15

From creative egg casseroles for breakfast to an elegant and easy dinner perfect for company this is the cookbook to make low carb livable Recipes use seven ingredients or less and take 30 minutes or less to prepare *Busy People's Fast & Frugal Cookbook* Dawn Hall,2009-10-12 This cookbook features a full range of simple delicious recipes for home cooks who are crunched for time and cash In The Busy People s fast and Frugal Cookbook Dawn Hall shows you how to prepare home cooked meals that are as healthy and satisfying as they are easy on your budget Each dish includes a quick reference grocery list and easy to read nutritional information Dawn designed every recipe to require only seven ingredients or fewer and to be prepared in thirty minutes or less The recipes also lend themselves to easy substitutions so you can improvise with whatever is available in your kitchen Enjoy quick inexpensive dishes such as Hawaiian Sweet Potato Soup Candied Vegetables Chipped Beef on Toast Eggs with Sauerkraut Maple Glazed Ham Steaks *Effortless Healthy Meal Prep Cookbook for Busy People* Sarah Roslin,2024-04-26 EXCLUSIVE EXTRA CONTENTS SCANNING A QR CODE INSIDE PRINTABLE PLANNER Track your meal prep journey from planning to execution to enhance satisfaction and results DIVE INTO VIDEO TUTORIALS Step by step guides to mastering quick and nutritious recipes MOBILE APP ACCESS Handy tips and a shopping list feature to make healthy eating easier than ever anywhere you go Are you overwhelmed by the thought of meal prep Do you struggle to find the time for healthy eating amidst a hectic schedule Are you looking for a way to nourish your body and delight your taste buds without spending hours in the kitchen If you answer Yes to any of these questions then keep reading to learn a new path of organized wellness Understanding your struggles with balancing a busy life and healthy eating is at the heart of why this cookbook exists Time is always ticking leaving little room for meal prep The cycle of planning shopping and cooking can feel like a mountain too high especially when your days are filled with work family and personal commitments Then there s the monotony of eating the same bland meals which can make healthy eating seem more like a chore than a choice This cookbook was created as a solution to these challenges I know what it s like to face tight schedules the daunting task of planning nutritious meals and the boredom that comes from a lack of variety That s why each recipe tip and piece of advice in this book is designed to simplify your meal prep It s meant to inject ease taste and nutrition back into your daily meals Consider this guide your partner in the kitchen It s here to help you navigate the hurdles of meal prep by offering straightforward delicious recipes that fit into your busy life You ll learn how to make mealtime an easy and enjoyable part of your day ensuring you can eat well and feel great even on the go Say farewell to meal prep dread and embrace a new way of eating that complements your fast paced life In our busy lives convenience often trumps nutrition leading to unhealthy eating habits Yet the desire for wellness and energy is greater than ever Here s a glimpse of what this book offers QUICK NUTRITIOUS RECIPES Delicious meals that can be prepared in minutes perfect for busy weekdays FROM TIME

CONSUMING TO TIME SAVING Transform your eating habits with recipes that are designed to be prepared ahead of time saving you hours each week BEGINNER FRIENDLY EFFICIENT No prior cooking experience required with tips on making the most of your kitchen tools for faster meal prep HEALTH WELLNESS FOCUSED Recipes that boost energy improve health and fit into a balanced lifestyle 10 WEEK MEAL PLAN A month long guide to getting started complete with easy and satisfying meal options for every day Imagine a life where meal prep is no longer a chore but a simple enjoyable part of your routine Where every meal supports your health goals and fits into your busy schedule This cookbook is the first step towards that life Click Buy Now to embark on a journey of health vitality and delicious meals all tailored to fit the pace of your active lifestyle

*Busy People's Fun, Fast, Festive, Christmas Cookbook* Dawn Hall, 2005-10-16 This Christmas cookbook and planning guide features simple yet festive recipes decorating tips gift ideas and more Dawn Hall knows how hard it is to prepare all the Christmas goodies and entertain guests on a budget while juggling an already busy schedule In this holiday edition of her popular Busy People s series Dawn adapts her seven ingredients or less thirty minutes or less formula for the Christmas season Jam packed with creative low fat recipes this comprehensive cookbook is handily organized into menus complete with grocery lists each listed according to various holiday meals A special section provides creative recipes for leftovers including Turkey a la King over stuffing You ll also find recipe plans for cookie swaps edible and affordable teacher s gifts an elegant Christmas eve buffet and so much more Make merry with delicious recipes such as Yuletide Pork Roast with Lemon Pepper and Rosemary Cranberry Salsa Busy Holiday Bruschetta Festive Frittata Broccoli and Tomato Trifle Snowball Cheese Balls Cranberry Walnut Mini Scones

*Busy People's Low-fat Cookbook* Dawn Hall, 2003-06-09 This cookbook features more than two hundred ultra low fat recipes that are easy delicious and ready to satisfy your hungry family In The Busy People s Low Fat Cookbook Dawn Hall shares a wide variety enticing recipes for busy home cooks looking to watch their weight With more than two hundred recipes this comprehensive cookbook covers every meal of the day with recipes that use only seven ingredients or less and take thirty minutes or less to prepare With step by step instructions and quick reference nutritional information each recipe is kitchen tested and budget friendly Includes recipes for Cinnamon Drops Warm Cran Apple Salad Pinwheel Dinner Rolls Butterfinger Trifle Cinnamon Kissed Chicken Peppermint Chocolate Cheesecake And much more

***Busy People's Down-Home Cooking without the Down-Home Fat*** Dawn Hall, 2011-01-02 Packed with more than two hundred quick n easy recipes this cookbook lets you enjoy your favorite comfort foods without the fuss or the fat In Down Home Cooking without the Down Home Fat cookbook author Dawn Hill applied her no fuss low fat formula to her favorite hearty and heartwarming dishes As with every volume in her popular Busy People s cookbook series each budget friendly recipe uses only seven ingredients or less and takes thirty minutes or less to prepare

**American Book Publishing Record** ,2002 ***Busy Woman's Cookbook*** Prevention Health Books for Women, 2000-04-01 Will show you how to make meals that are easy delicious and healthy regardless of how much time you

have *Clean Eating for Busy Lives: Quick, Healthy Recipes for Real People with Real Schedules* Monika Shah, Clean Eating for Busy Lives Quick Healthy Recipes for Real People with Real Schedules Trying to eat clean but life keeps getting in the way Clean Eating for Busy Lives is your go to guide for fast wholesome meals designed for people who have way too much on their plate literally and figuratively This isn't about complicated meal preps or unrealistic health plans It's about real food real flavor and real convenience Whether you're juggling work kids or just don't have the time to cook for hours this book will help you eat better without flipping your whole life upside down From energizing smoothies to hearty one pan dinners and from satisfying snacks to sweet but clean treats every recipe is built for your schedule with options for gluten free dairy free and plant based lifestyles Inside You'll Find An intro to clean eating that actually makes sense Meal plans and grocery tips tailored for tight schedules 100 Clean quick recipes divided by category for easy access Smart storage hacks and leftover strategies to reduce waste Family friendly meals even picky eaters will enjoy Gluten free and dairy free indicators so you know what fits your diet A full section on clean beverages to keep you hydrated and energized Sweet desserts that won't wreck your progress If you're ready to eat better without losing your mind over every meal Clean Eating for Busy Lives is the cookbook you didn't know you needed but won't be able to live without *Busy People's Slow Cooker Cookbook* Dawn Hall,2003-06-09 Learn the slow cooker secrets for cooking complete meals that are low in fat full of flavor and take only minutes to prepare Don't let its name fool you the slow cooker can be a real time saver in the kitchen In this edition of her popular Busy People's cookbook series Dawn Hill shares a wide range of recipes that let you get an entire meal prepped and cooking in minutes so that it's ready and waiting when you need it With recipes that use only seven ingredients or less savory stews and casseroles delectable cakes and hearty breads are all a breeze to make Plus Dawn shows you how to use pocket pouches to cook an entire meal at once Recipes include Coconut Cream Oatmeal Chicken Cobbler Steak Potato Cattlemen's Soup Black Forest Upside Down Cake Taco Chowder Hot Fudge Spoon Cake **15-Minute Low-Carb Recipes** Dana Carpender,2003 Studies show that low carbohydrate dieting works to take weight off and improve cholesterol As more and more people switch to the Atkins diet or variations of it they will need recipes 15 Minute Low Carb Recipes offers over 200 recipes that can be made in 15 minutes or less Capitalizing on the runaway success of 500 Low Carb Recipes this book offers all new quick and easy recipes that will be a godsend to low carbers everywhere **5 Ingredient Slow Cooker Cookbook** Jean Simmons,2018-09-28 We all know how tough it can be preparing your own food after a long day's work It is even more difficult if you have to use a long list of ingredients to cook food While eating out may be convenient this option is not advisable knowing that some of the ingredients used in preparing the meal may not be healthy for you With this book however you can cook simple and nutritious meals without even trying All you need is just a good slow cooker in your kitchen and you can save time energy and money cooking nutritious and healthy meals that your family and friends will thank you for There are 100 Nutritious and Delicious slow cooker recipes with only 5 ingredients or even less These recipes are clearly

labeled as ketogenic low sodium low calorie gluten free vegetarian vegan low carb and paleo They also contain nutritional information so you know exactly what you are eating There are recipes for breakfast vegan vegetarian beef poultry pork seafood desserts and more There are also valuable useful tips for slow cooking meats vegetables and poultry as well as valuable information on your slow cooker and slow cooking in general Note that water cooking spray salt and pepper are not counted as ingredients It s time to take the hassles off cooking Let this book serve as your guide to cooking great tasting and healthy one pot meals      *Subject Guide to Books in Print* ,1996      **Quick & Healthy Meals for Busy People** Dr. Jane Rogers,2024-10-09 Every day Maria would leave the office tired but determined to make a healthy dinner Yet by the time she got home the last thing she wanted was to spend hours in the kitchen On too many nights she ended up with takeout feeling like she d let herself down She craved a better solution something easy fast and truly nutritious Quick Healthy Meals for Busy People was the answer to that constant struggle between time and health and that can be your reality as well This cookbook is filled with over 150 recipes that meet you right where you are whether you re rushing out the door in the morning need a midday boost or want a stress free dinner that doesn t require a culinary degree Inside you ll find nourishing recipes that even the busiest person can whip up using easy to find ingredients and simple techniques Each dish is designed to maximize flavor nutrition and most importantly your time What you ll learn in this book include Delicious and Nutritious Meals in No Time Get over 150 mouth watering recipes that prove you don t need hours in the kitchen to enjoy tasty wholesome food Satisfy your taste buds with meals packed with flavor and health benefits Each recipe is crafted by a nutrition expert ensuring that you re fueling your body with the best ingredients Sustainable Healthy Eating Learn how to make healthy eating a natural part of your routine not a burden You ll never have to sacrifice convenience for nutrition again A Complete 30 Day Meal Plan Take the guesswork out of meal planning With a full 30 day guide staying on track has never been easier Bonus Recipes for Extra Convenience designed to make your life even easier Hydrating Drinks Beyond Water Try refreshing beverages packed with nutrients to keep you feeling your best all day But don t just take my word for it imagine how this book could change your daily routine By choosing this book you re investing in your health and saying goodbye

Mediterranean Diet Cookbook Thelma Hennessy,2021-12-06 Are you looking for recipes from Mediterranean diet If you answered yes then this cookbook is for you The Mediterranean diet is one of the healthiest diets today and could potentially be the answer to slowing down our never ending obesity epidemic in America The Mediterranean diet is rich in unsaturated fats strands nutrients and polyphenols all of which have anti free radical relaxing and cancer prevention properties Phytoestrogens in vegetables regulate the function of sex hormones preventing the production of the most common tumors in the elderly New foods grown from the field are high in cancer prevention agents that are capable of destroying free radicals which are responsible for cell degeneration Vegetable filaments also control and boost intestinal capability allowing poisons to be released The possibilities of following the Mediterranean diet are limitless It is hard to not like it There is no such thing

as not having enough time If you can eat then you can make time for that You can always find time to make the Mediterranean diet work in your life with ease Once you get in the habit of eating the Mediterranean diet then you will see how it becomes a bigger part of your life This book covers Breakfast recipes Appetizers and snacks Main dish Vegetables and side dishes Soup and stew recipes And much more According to a recent Italian report the Mediterranean way of life increases the quality of life for the elderly He emphasized how the Mediterranean diet reduces the risk of disability depression and pain in later life The experts considered 4 470 Americans with an average age of 61 years People who followed the Mediterranean route tended to have a higher quality of life with a lower prevalence of incapacity and wretchedness about 30 percent less A way of life that not only ensures long life but also a high level of personal satisfaction

*Forthcoming Books* Rose Arny,2000 *1,000 Low-Fat Recipes* , *The Superfoods Rx Diet* Wendy Bazilian,Steven Pratt,Kathy Matthews,2008-12-23 Blockbuster bestseller SuperFoodsRx identified a variety of SuperFoods that prevent disease and significantly improve health In this follow up diet plan fully tested in two intensive 30 day trials involving more than 100 volunteers the authors show how a diet rich in these powerhouse nutrients also helps one to lose weight The Los Angeles Times listed the hardcover edition in its list of notable weight loss books And all across the nation the verdict from satisfied successful dieters is coming in fast this is a weight loss program that health conscious dieters want to make their lifetime eating plan **What's for Breakfast?** Donna S. Roy,Kathleen Flores,1994 Targeted at a nation on the go this book contains more than 100 time sensitive recipes Super Quick Do Ahead and Worth the Effort The title received the MBA Best Cookbook of the Year Award in 1995 Sample recipes include Ham and Cheese Calzones with Apples Sunrise Carbonara Sour Cream Pancakes Orange Cappuccino and Beat the Blues Coffeecake Recipes work well as light evening meals Diabetic exchanges and charts are included

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