

# 31 MEALS

a month of healthy,  
simple dinners

*Minimalist Baker*

RECIPES  
MADE WITH  
simple,  
healthy, &  
affordable  
INGREDIENTS

recipes & photos by Dana Shultz

# 31 Meals Cookbook

**Yijin Wang**



### **31 Meals Cookbook:**

*31 Healthy Meals Cookbook* Nicole Wiesen,2015-08-14 This is the cookbook for you Busy Mom 31 Meals was created for the busy mom Like most we like to eat healthfully simply and affordably but dinner always trips us up We re too often tired and uninspired to think about what to cook by the time evening rolls around So we end up making the same easy meals over and over But all of our taste buds would agree that variety is important and even necessary in your diet Besides life is short We should branch out and try new dishes With this mission in mind I developed 31Healthy Meals A cookbook that offers one month of simple dinner ideas that are healthy affordable and delicious Most recipes are vegetarian and kosher friendly but to ensure everyone can enjoy this resource we have included vegan and gluten free modifications for every dish If you re like me you enjoy trying new flavors and dishes but knowing what to make for dinner is nearly impossible after an exhausting day at the office 31 Healthy Meals makes it easy to make wholesome delicious food right at home Even better You don t have to worry about the grocery list calendar of meals or wasting ingredients 31 Healthy Meals is packed full of approachable healthy and tantalizingly delicious recipes

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