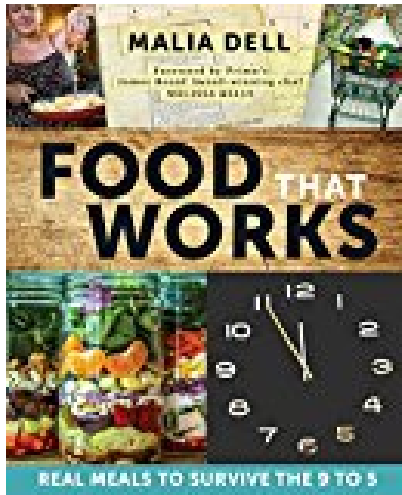


Food That Works Real Meals to Survive the 9 to 5



BOOK DETAILS

- Author : Malia Dell
- Pages : 166 Pages
- Publisher : Alla Salute Press
- Language : English
- ISBN : 0996395067



BOOK SYNOPSIS

Food That Works is a cookbook for busy people who want access to homemade meals Monday through Friday. This weekly food system features shopping lists, prep work, and easy recipes with minimal clean-up. This turns your fridge into the ultimate grab-n-go stocked with nutritious whole foods ready to assemble on the fly.

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