



# 25 POPULAR MEAL PREP *ideas*

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**Julia Schneider**

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## **Dana's Top Ten Table**

Dana McCauley, 2010-08-01 Fresher faster easier yummier New takes on our favourite dinners from one of North America's most trusted cooks and culinary trend watchers When it comes to making dinner we are creatures of habit Research proves what we've known all along Canadians love to eat the same 10 things for dinner as often as they can We love our chicken pasta sandwiches pork casseroles pizza fish burgers steak and soup But as any home chef who's been on the receiving end of Not chicken breasts again will tell you this list can become well boring Enter Dana McCauley bestselling cookbook author culinary journalist and food industry consultant She's taken our top 10 favourites and come up with more than 200 recipes that make your mainstays magnificent These are favourites made new and now like Moroccan Lamb Burgers Or they're faster tastier versions of standards like chicken pot pie now reimagined as Springtime Chicken Asparagus Pot Pie And they're the classics taken to the ultimate the very best recipe for Macaroni and Cheese Keeping in mind that today's home cooks have little time for prep and clean up and prefer to use as few appliances and gadgets as possible each recipe gives preparation and cooking times as well as storage and freezing options so you can make your own ready to eat entrées Plus there are cooking tips and pantry substitutions along with variations for the slow cooker cooking for two and batch cooking for many of the recipes Packed with gorgeous full colour photos with clear and detailed professionally tested recipes Dana's Top Ten Table is destined to become a sauce spattered well thumbed addition to every home cook's library

## **Woman's**

**Home Companion**, 1927

**Real Estate Record and Builders' Guide**, 1893

**Food Management**, 1994

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**Food Inflation Fighter's Handbook** Judith Lannefeld Klinger,1980 Abstract Suggestions for shopping coupon clipping menu planning cooking food growing and energy conservation help consumers keep their food expenditures down The 85 brief shopping tips include buy breads and pastries at bakery thrift shops read and understand labels skip a week s shopping always shop food sales and check newspapers for sale prices Using herbs can help save money an herb and spice chart lists which herbs go well with specific foods Chapters on vegetables eggs poultry whole grains and legumes discuss preparation guidelines and meal stretching recipes Other topics include growing sprouts entertaining on a small budget using leftovers and creative brown bagging cs

*Holiday Cooking* Time-Life Books,1995 Every recipe is quick You won t spend a lot of time in the kitchen

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**Skinny Beef** Marlys Bielunski,Susan Lamb Parenti,Irene Yeh,1993 Beef It s a classic on target for the 90 s way of cooking and eating Skinny Beef shows you how versatile beef can make great tasting healthful meals for every occasion from family fare to easy entertaining Over 75 of the recipes can be prepared and served in 30 minutes or less all are guaranteed delicious Step by step recipes helpful cooking tips and more

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