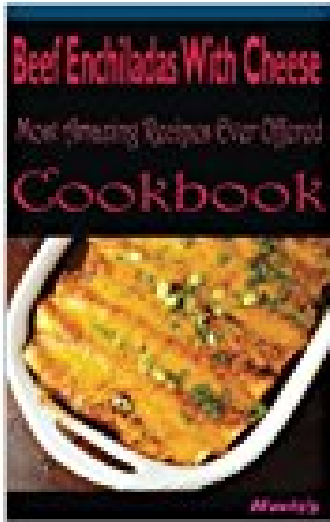


# Beef Enchiladas With Cheese 101 Delicious Nutritious Low Budget Mouth Water

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## BOOK DETAILS

- Author : Hevizi
- Pages : 40 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1522901639

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## BOOK SYNOPSIS

While shes an actress with a PhD in neuroscience, at the end of the day Mayim Bialik is a mom, one who knows what its like to be a busy parent with little time to spend in the kitchen. She shares the concerns of parents everywhere: when it comes to nutrition and feeding your family, you want healthy meals, but also food that everyone—kids and parents—can enjoy, and a balanced lifestyle thats inexpensive and fuss-free. Not only does Mayims Vegan Table share more than 100 easy plant-based recipes for dishes that are as good to eat as they are good for you, but Mayim has also teamed up with pediatrician Jay Gordon to offer: Basic nutritional information about a plant-based diet The real deal on raising kids on a plant-based diet (myths and misperceptions, debunked) Vegan family essentials (including a list of what to always keep in the pantry) Tips and strategies for easy meal planning and healthy eating out And, of course, the food: youll find recipes for Mayims favorite breakfasts, snacks, lunches, dinners, and desserts, including kid-approved meals like build-your-own tacos and mac n cheez, Mediterranean and Asian-inspired salads that parents will love, comfort-food classics like kugel and matzoh ball soup, and many more.

### **BEEF ENCHILADAS WITH CHEESE 101 DELICIOUS NUTRITIOUS LOW BUDGET MOUTH WATER**

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