



# **MBM**

**(Meat Bone & Meal)**

# Meat Makes The Meal

**Maine State College. Agricultural  
Experiment Station**

## **Meat Makes The Meal:**

*The Busy Person's Meal Planner* Laura Ligos,2022-02-15 Healthy meal planning is made easy in this beginner friendly guide that teaches you how to shop smartly and plan your weekly meals with confidence all while enjoying food you actually want to eat If you constantly ask yourself what the heck s for dinner then The Busy Person s Meal Planner will finally teach you how to meal plan and meal prep no matter how hectic your week might be With 50 recipes that can be modified for all diets the breakfast lunch dinner and snack options in this book feature easy to find ingredients and most can be made in 30 minutes And to make the process even easier the book provides you with easy to reference cheat sheets and a 52 week meal planner and grocery list notepad that you can take with you to the supermarket Written by licensed dietitian Laura Ligos The Busy Person s Meal Planner is a guide to weekly meal planning for working professionals and families who don t have a lot of free time and need help learning how to get healthy and delicious meals on the table each week Realistic rather than idealistic Ligos gives you expert advice on shopping the sales stocking your pantry and planning meals that are nutritious filling and easy to make The Busy Person s Meal Planner features Meal Planning 101 5 step guide to planning your weekly meals 50 Breakfast Lunch Dinner and Snack Recipes including modifications for gluten free dairy free and vegan Advice for Stocking Your Kitchen Recommended tools and pantry staples 52 Week Meal Planner and Grocery List Notepad Perforated removable notepad so you can write out your meals and take your shopping list to the store [Meat Makes the Meal](#)

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