



I Quit Sugar Healthy Family Meals

Sarah Wilson

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No time to cook? Healthy eating costs too much? The Healthy Family Meals Cookbook is your kitchen saviour. Wave bye-bye to slaving away in the kitchen for hours, our affordable recipes will give you the ultimate bang for your nutritional buck while also keeping those hard to please picky eaters happy. Oh, did we mention - all recipes cost \$5.00 or less per serve! Yep, you read that right!

In this book you'll find 40 family-friendly recipes including chapters on:

Sunday Cook-ups: Start your week on the front foot and whip up our delicious beef roasts, slow cooked lambs or meatloaf recipe.

Lovely Leftovers: Have a bit of everything but no idea what to cook? We've got you covered.

Mid-Week Meals: Avoid mid-week madness; we've created a whole chapter chock-full of super speedy dinners that won't break the bank.

Friday Night Fun: We've transformed a few family favourites into healthy, nutritious meals. Burger, anyone?

Family favourite desserts: Saving the best for last, we'll show you how to create orange and almond cake, Mum's jam slice or our 5-minute chocolate sweet potato crisps minus all the sugar.

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