

**QUICK AND EASY FAMILY MEALS: 60 HEALTHY  
RECIPES**

**Renee Gaba**

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"With plans to spend \$ on 60 healthy family friendly meals, I went to the " Searching through the hundreds of recipes on The Healthy Mummy's 28 Day Did you know Kaitie credits her incredibly quick, easy and healthy slim down to the.

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Tuck into healthy recipes that you can make in under 30 minutes. Make them for the family in just 25 minutes. A healthy, quick and simple midweek meal with fragrant Thai flavours, pork and fresh . Save over £60 on exclusive wines.

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Spiced lamb koftas are a great budget option for a simple family meal. Batch- cook this chilli and freeze for healthy dinners when you're pushed for time.

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If you're craving pesto-laced pasta, give Anne Burrell's veggie-rich version a try. Chicken and Waffle Sandwiches Breakfast meets dinner in this play on the Southern favorite. The beets are niceest when they are sliced paper. Pork sausage, ground beef and plenty of beans make this chili a marvelous meal. That leafy green plus yellow peppers, snow-white mushrooms and tomato sauce make this a colorful addition to your pizza buffet table.

These bars are a perfectly portable snack you can prep on Sunday and enjoy through the week. Thanks to canned beans and tomatoes, it's ready to hit the dinner table in 30 minutes.