



Fifteen Minute Meals

Emalee Chapman

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Fifteen Minute Meals

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Fifteen Minute Meals Emalee Chapman

For the busy people, juggling children, career, home, projects. But fast does not mean unhealthy, as proven by the recipes in this book, which use fresh ingredients. Includes tips on what to store in your pantry, refrigerator, and freezer, to help you in your meal preparation.

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