

Title:

Family Meals - Better For Children, Easier For You

Word Count:

514

Summary:

Another day, another dinner to prepare. Are you having a difficult time finding easy to prepare

You want to give your family the best, but time is in short supply and preparing a healthy meal

Yes! New methods of cooking and easy to prepare staples can change your eating habits and lead

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Article Body:

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Yes! New methods of cooking and easy to prepare staples can change your eating habits and lead

But how do you plan healthy family meals on a tight schedule? Here are some ideas to start:

Does your family love lasagna? Maybe you thought that it was a labor intensive dish that just

There are lasagna recipes for vegetarians, low-carb, low-fat and even diabetic diets. Lasagna

For lasagna or other pasta dishes, try using whole wheat pasta and shredding carrots or zucchini

Looking for an elegant chicken dinner? Don't forget about frozen skinless chicken breasts. Bake

Need ideas for a side dish? Why are you wasting time cutting and washing lettuce when you can

Have you ever tried steaming vegetables in the microwave? Fresh or frozen veggies make for an

We're all concerned about our children eating healthier foods. Regular family meals will encour

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