



The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!

Janice Newell Bissex, Liz Weiss, Laura Coyle

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For the legions of harried moms who have tossed in the dishtowel on cooking healthy meals (or any meals!), the easiest-ever guide for bringing super nutrition back to the kitchen.

Getting dinner on the table night after night can be a challenge. So it's no surprise that busy moms often rely on fast food, takeout, and convenience meals like macaroni & cheese, chicken nuggets, and fries. The kids love it but the drawback is that little twinge of guilt moms feel every time they feed their family another not-so-healthy meal. At the end of the day, many children end up with a poor diet high in sugar, saturated fat, and calories ... a major factor in the rising rates of obesity.

Finally, here are realistic guidelines designed to give families a healthy meal makeover.

The Moms lay out a 5-Step Meal Makeover Plan, explaining how to market good nutrition to kids, establish food rules, and make life easier in the kitchen.

In *The Best of the Bunch* chapter they reveal which brands of kid convenience foods—hot dogs, frozen pizza, and more—are the best tasting and most nutritious ones out there.

The Moms show how to stock a healthy pantry and whip up delicious anytime meals using pantry staples.

They even serve up 120 reworked recipes for family favorites such as Fast-as-Boxed Macaroni & Cheese, Squishy Squash Lasagna, Cheesy Broccoli Soup, Sweet Potato Fries, and Chocolate Pudding with Toppers.

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Jeffrey Price:

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