

### The Weeknight Survival Cookbook: How to Make Healthy Meals in 10 Minutes

Dena Irwin



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The Weeknight Survival Cookbook: How to Make Healthy Meals in 10 Minutes Dena Irwin Most quick and healthy cookbooks define "quick" as 30 minutes. In this step-by-step cookbook, registered Dean Irwin takes the term to Olympic speeds, offering 12 weeks of recipes for healthy dishes, each of which can be prepared in just ten minutes!

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