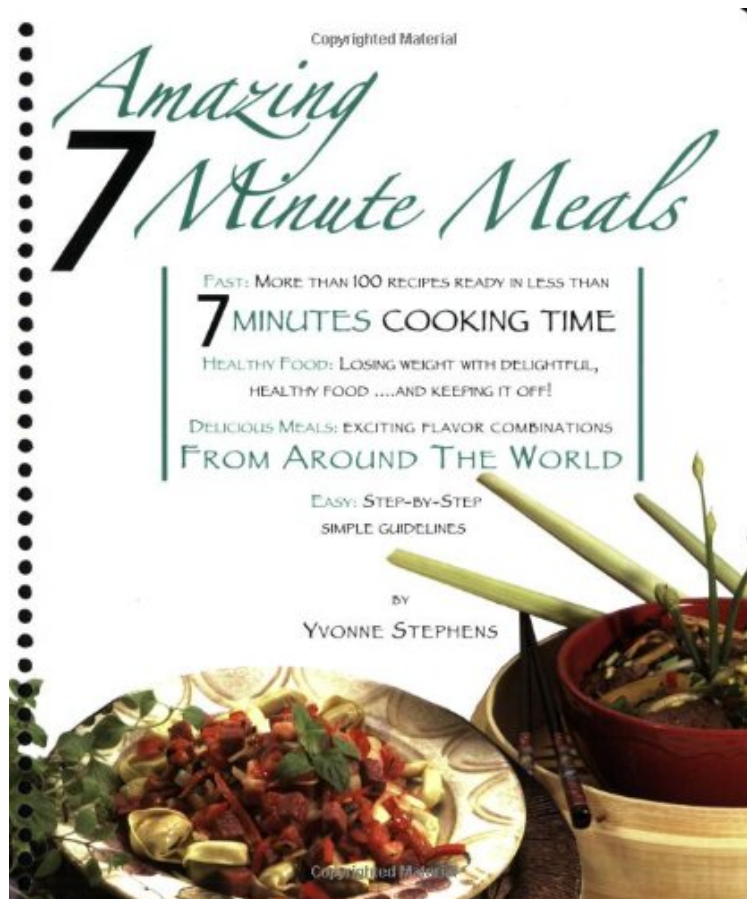


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Amazing 7 Minute Meals: Recipes Ready in Less Than 7 Minutes Cooking Time (Get Real with Healthy Eating)

Yvonne Stephens

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Seven minutes is less than the time you have to spend in line at the drive-through. Amazing 7 Minute Meals is the first in a series of books to help you eat healthier and maintain a healthy weight. We will show you that you don't have to spend much time in the kitchen to prepare a delicious and healthy meal.