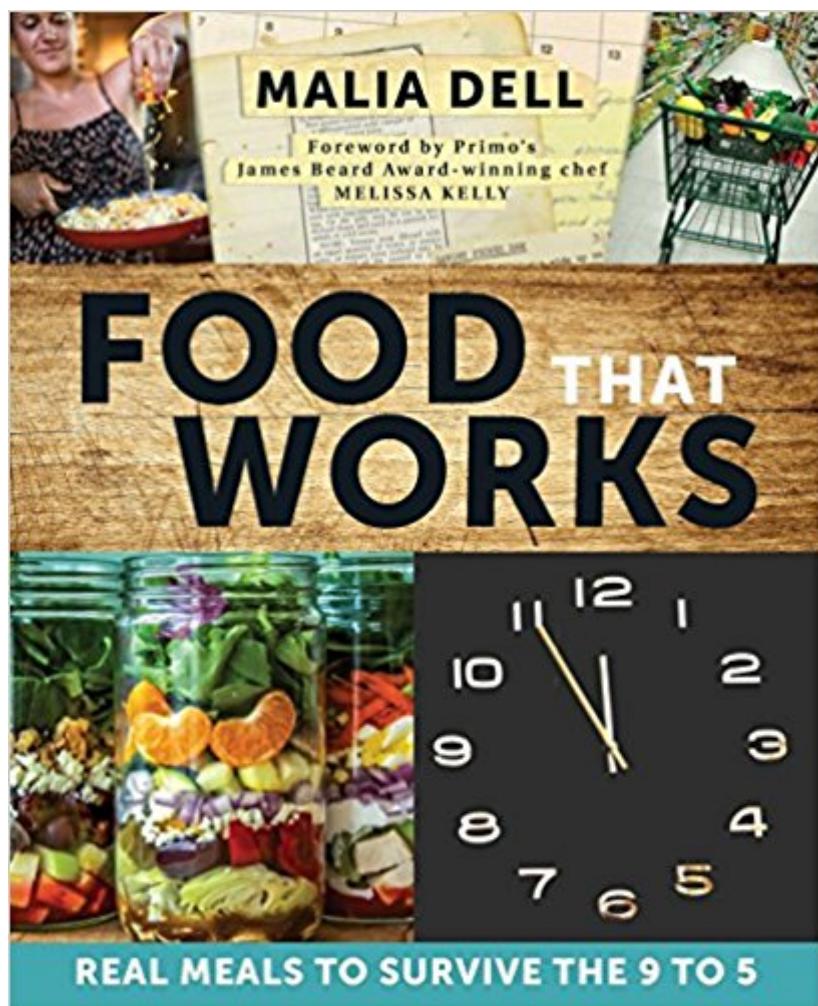


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# Food That Works: Real Meals To Survive The 9 To 5



## Synopsis

Most of us work long hours, so we need fast, healthful, portable breakfasts and lunches. Then, when we get home at night, we need easy delicious dinners that can be assembled in about the same amount of time it takes to change into our sweatpants. Having a busy schedule does not mean we must compromise our health, settling for subpar meals in a restaurant or from a cardboard box or drive-thru window. You work hard; you deserve fresh food. Malia Dell created this food system so you don't have to think. You can go to the store with a complete shopping list and come home with a plan for the whole week. Food That Works is a Monday-through-Friday survival cookbook, designed specifically for busy people who want to eat more meals prepared at home and fewer meals out. Each week, many of us go through the same routine of making shopping lists, going to the store, and planning what the hell to eat. Being tired and unprepared during the week, we end up settling for most of our meals out, only to watch all of our fresh food rot in the fridge again. Why recreate the wheel? Buy this book and you will no longer dread going to the grocery store. All of the information you need for successful meal planning has been captured between these two covers. Food That Works offers you five great weekly menus to choose from, all paired with shopping lists, prep instructions, and realistic recipes for the week. It teaches you to be a savvy shopper and encourages you to select the best quality ingredients by reading ingredients labels, moving you away from settling for processed and packaged foods. Food That Works teaches you how to prep, keep food in rotation, and run your kitchen efficiently—like a restaurant! It provides healthful recipes for the meals you already know and love (burgers, tacos, chili, BBQ chicken), all designed to have minimal clean up. Who has time to clean? These delicious recipes will get you out of your ol' familiar-food rut. You will have a plan for every ingredient you buy, and there will be no more food waste! No matter what your level of cooking knowledge, this book has you covered. It has been used by people whose skills range from novice to chef. This book provides detailed guides to ingredients and utensils, and gets beginners started in the kitchen with confidence. It contains everything you need to know, from food shopping to assembling nutritious recipes, and even more importantly, how to realistically implement this plan during the workweek. This book turns your fridge into a whole food salad bar (baked chicken breasts, hard-boiled eggs, baked sweet potatoes, chopped vegetables), so when you swing open the door—BOOM—all your possibilities are right there in front of you. Not all of my techniques are glamorous, but they work. Sometimes, you just need to be able to slam some good food down your gullet and move on. This is real food on the fly. Let's do this!

## Book Information

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## Customer Reviews

I designed this book specifically for you. Relax and smile. I am going to the store with you. ~

Malia

Who is this for? Food That Works is for health-conscious or wannabe-health-conscious people on the go. This is a Monday-through-Friday cookbook. It is for working professionals who commute, have limited time, and just need a plan to survive the hectic workweek. It is also for people who are intimidated by cooking and who crave basic know-how and a plan. Most of us work long hours and need fast, healthful, portable breakfasts and lunches. And when we get home at night, we deserve easy delicious dinners. Having a busy schedule does not mean we must compromise our health and settle for subpar meals in a restaurant or from a cardboard box or drive-thru window. I created this system so you don't have to think. You can go to the store with a shopping list and come home with a plan for the whole week. My Shopping Lists were designed for a household of two, with leftovers, but can easily be modified by purchasing more or fewer ingredients. Whether you are a recent graduate just starting out on your own or part of a busy household just looking for some new quick and simple meal ideas, we all could use a little Food That Works.

This is by far the best cookbook I have ever bought and I have a lot of them. I purchased it with the idea that I wanted to cut back on food waste but it is so much more. We have tried every weeks menu but one, and have loved every recipe. Even my husband who could eat just meat every day

loved the recipes. I did cook up some extra chicken on one of the weeks to add to some of the recipes to make him happy. We are eating much better and more veges than we ever have. I am also gluten free and the recipes are so easy to make with GF flour and GF pasta. There is a lot of food so don't worry about that part, I just made two extra meals with the leftovers so that I could use them all up. Try not to alter the recipes too much, they are perfect just the way they are written. Buy this book!

I love this book! It is more than a cookbook - it is a guide to preparing delicious fresh meals (breakfast, lunch and dinner) daily. I have never found a guidebook that is this comprehensive taking me from the a prepared shopping list for the week, using 1 day to prep the food for the week to enable me to put together a meal ranging from 5 minutes to 1 hour. Every meal I have made has been delicious - I cannot believe how easy it is to use this book as a guide. Malia includes helpful tips and guides that are sprinkled throughout. I am on my 4th week of cooking successfully relying on my home prepared foods! There has been 0 waste. I cannot express how truly amazing this book is! I have one week of pre-planned meal ideas left - when is the next book coming out???

Love the flavor and simplicity of this book~ buy what you need~ prep your meals~ use everything you buy and eat healthy during the week even though you spend most of your weekdays as work~~~ YES TO THIS! I purchased the book in December and yesterday I went to talk given by the author~ the talk was fun and informative- and Malia was so inspiring--- I left thinking- "WHY NOT?- I can do this I can take one day a week to prep my food and eat healthy convenience foods that I have on hand and not processed junk without spending a fortune!" I went home and made zoodle pad thai with her sauce recipe~~~ which was absolutely delicious! I highly recommend this cookbook!

Love this book. I felt a bit old for it, (60) thinking it was aimed more towards younger folks. Just the same I'm hoping it will help me be more resourceful with shopping and cooking. I learned some new things, like how to read PLU labels.

Love, love, love! This cook book is excellent for the incredibly busy working woman (like moi), who wants to eat healthier while always on the go. The layout is beautiful and the stories about the chef Malia are both charming and endearing. Bravo.

this book contains recipes that are good for our bodies. A lot of people work and there are great recipes to bring to work. yum!

Great meal prep book

This is an easy to follow guide to getting healthy, quick meals on the table during the hectic work-week. As a working mother it's easy to struggle with finding time to cook quality food for the family - this book has been a life saver! The author takes you through the whole process - from going to the grocery store (there's even printable grocery lists on the Food That Works site) to the prep work once you're home...and finally executing the recipes. The author takes all the guess work out for you....the book could be called, "Feeding your family healthy food for dummies". The author's sense of humor is refreshing...I feel like I'm hanging out with my best friend in the kitchen. Thank you Malia Dell for my kitchen survival book - my family thanks you too!

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