



Robin Takes 5: 500 Recipes, 5 Ingredients or Less, 500 Calories or Less, for 5 Nights/Week at 5:00 PM

Robin Miller

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The only cookbook anyone will ever need to get a healthy dinner on the table fast.

"This isn't the flashiest book on the shelf, but if you're a busy parent, it will likely be the one you use the most. Miller, a best-selling author, host of Food Network's *Quick Fix Meals*, and mother of two sons, knows what it's like to have to get a healthful, quick meal on the table in a matter of minutes and can help you accomplish the same." --*San Antonio Express-News*

"This fun assortment of Robin's best ideas makes it a cinch to serve healthy, memorable meals without spending all your time in the kitchen." --*The Boomer Brief*

It's 5:00 PM. Everyone's hungry. It's takeout or fakeout, meaning nuking a processed meal from the freezer. But there's a third option that doesn't include processed food or an unhealthy heap of calories and fat--*Robin Takes 5*.

Imagine quickly preparing delicious meals for yourself, your friends, and your family with just 5 fabulous ingredients. Does it get any better? Absolutely, with *Robin Takes 5*. The book features 500 recipes and each dish is a mouthwatering 500 calories or less. Two-color recipe text complements full-color photography inserts. In addition, helpful icons note ideal recipes for holidays and entertaining as well as recipes with less than 500 mg of sodium. That's not all--nutritional information is given for each recipe.

In *Robin Takes 5* 500 recipes highlight at least 10 different ethnic cuisines, and dishes range from soups, pizzas, and pastas, to chicken, beef, pork, seafood, side dishes, and desserts. Consider 70 recipes just for chicken, such as Cashew Crusted Chicken with Roasted Jalapeno-Mango Chutney, and 50 dessert recipes, such as Orange Marmalade Tart with Chocolate Covered Almonds. Consider yourself armed for mealtime. The next time the clock strikes 5:00 PM and you want both noshing and nourishment, check out *Robin Takes 5*.

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From reader reviews:

Kiley Kaufman:

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Andrew Evans:

Reading a guide tends to be new life style within this era globalization. With looking at you can get a lot of information that will give you benefit in your life. Using book everyone in this world can certainly share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their own reader with their story or their experience. Not only the story that share in the ebooks. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors nowadays always try to improve their skill in writing, they also doing some investigation before they write to the book. One of them is this Robin Takes 5: 500 Recipes, 5 Ingredients or Less, 500 Calories or Less, for 5 Nights/Week at 5:00 PM.

David Marx:

In this age globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The particular book that recommended to your account is Robin Takes 5: 500 Recipes, 5 Ingredients or Less, 500 Calories or Less, for 5 Nights/Week at 5:00 PM this reserve consist a lot of the information on the condition of this world now. This specific book was represented how do the world has grown up. The terminology styles that writer use for explain it is easy to understand. The particular writer made some analysis when he makes this book. This is why this book ideal all of you.

Mindy Munson:

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