

Shop And Cook Everyday Meat-eater

by

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1. Pick a shopping list
2. Plan your weekly menu
3. Shop once and save money
4. Eat real food

This simple approach provides the missing link between your weekly shopping and meal planning. With recipes for delicious dinners, light meals, snacks and desserts, you can cater to all of your family's needs with just one shop. Shop once, cook multiple meals with the same ingredients. Eat amazing food.

It's
that simple.

Also Available - Shop and Cook Everyday Vegetarian

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