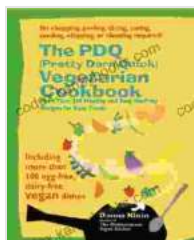


240 Healthy and Easy No-Prep Recipes for Busy Cooks: Your Guide to Quick, Delicious Meals



The PDQ (Pretty Darn Quick) Vegetarian Cookbook: 240 Healthy and Easy No-Prep Recipes for Busy Cooks

by Donna Klein

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1733 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 228 pages



Are you a busy cook who wants to eat healthy, delicious meals without spending hours in the kitchen? This book is for you!

With 240 easy no-prep recipes, you'll be able to whip up healthy meals in minutes. No more excuses for eating unhealthy fast food or skipping meals altogether. With this book, you'll have everything you need to make healthy eating a breeze.

What's inside this book?

- 240 easy no-prep recipes

- Recipes for every meal of the day, including breakfast, lunch, dinner, and snacks
- Recipes for all dietary needs, including gluten-free, dairy-free, and vegan
- Tips and tricks for meal planning and prepping
- And much more!

Here's what people are saying about this book:



“This book is a lifesaver! I'm a busy working mom and I don't have time to spend hours cooking. With this book, I can whip up healthy meals in minutes. The recipes are delicious and easy to follow. I highly recommend this book to anyone who wants to eat healthy without spending a lot of time in the kitchen.” - Sarah J.



“I love this book! The recipes are so easy and delicious. I've already made several of them and my family loves them. I'm so glad I found this book. It's made healthy eating so much easier.” - Jessica T.



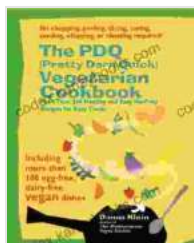
“This book is amazing! I'm a college student and I don't have a lot of time to cook. With this book, I can make healthy meals

in my dorm room in minutes. The recipes are so easy to follow and they taste great. I'm so grateful for this book." - Emily K."

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