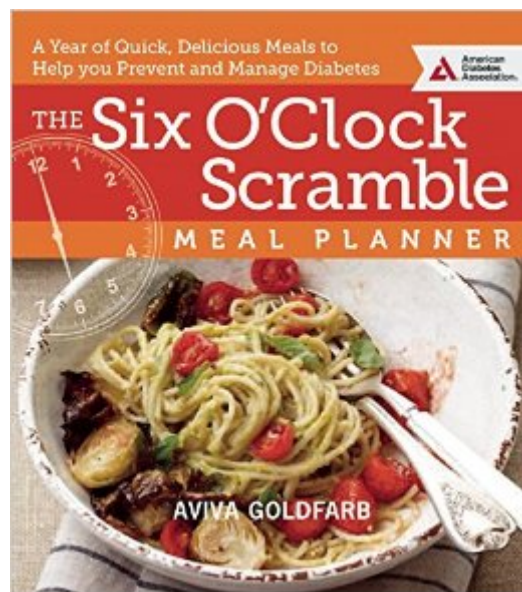


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# The Six O'Clock Scramble Meal Planner: A Year Of Quick, Delicious Meals To Help You Prevent And Manage Diabetes



## Synopsis

Get organized and fix the hectic "six o'clock scramble" for a healthy weeknight meal! Everyone wants to eat healthier, but pulling together a healthy meal can sometimes feel like a daunting task. Often we run out of time and ideas at the end of the day and resort to unhealthy takeout or frozen food. But there is a better way that is not only healthier; it's easier, less stressful, and saves money, too. As a busy mother of two, author Aviva Goldfarb has discovered that the key to making healthy meals a reality is simple: Plan several easy, healthy meals in advance and grocery shop once a week with a list. Inside *The Six O'Clock Scramble Meal Planner* you'll find: 160 delicious, diabetes-friendly recipes that require 30 minutes or less to prepare; 32 weekly menu plans complete with main dishes and sides; and an organized grocery list for each week! Recipes organized by season and by week to give you variety throughout the year. Recipes that are built on natural, fresh ingredients. Slow cooker directions for most recipes. Gorgeous color photos for each recipe.

## Book Information

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## Customer Reviews

I am a long-time fan of the Six O'Clock Scramble... I've used Aviva Goldfarb's menu service for many years and both her weekly system and the recipes themselves are always top notch. First, the system... she plans your weekly menus for you, including side dishes for each meal, and provides the shopping list broken down by the areas in the store where you will find things (i.e produce, refrigerated items, etc.). The menus are arranged seasonally to take advantage of fresh produce

available in warm months and give you more comfort food to enjoy in colder months. The system works really well for me. It's basically point and shoot... I take the shopping list, buy the groceries, make the food... that whole logistical/decision-making side is streamlined. So easy! Then, the recipes... I love Aviva's recipes. There is a nice variety of nutritious, simple, tasty meals every week. If you are a meat and potatoes family, this will not work for you. But it's exactly how I like to eat... many vegetarian options, frequent chicken and fish recipes, occasional red meat. It works very well for me and my family's preferences. In addition, she provides the side dishes and tells you when to make them while you're cooking the main dish so everything is done at the same time. Her recipes are pretty foolproof, and that's saying something for me. I have made hundreds, maybe thousands(!) of Aviva's recipes over the 12+ years I have subscribed to her service, and they are, nearly without fail, delicious! Examples from this cookbook... I made the Week 1 Winter recipes this past week. ☺ Baked chicken with maple butter glaze ☺ "not everyone in my family likes chicken on the bone so I hesitated a little, but this recipe worked out really well.

I have used Aviva's Six O'Clock Scramble recipes for years. As a full-time working mom, it is so nice to be able to head to the grocery store ONCE a week, buy everything I need for a week of meals and know ahead of time what I'm making each day. Some weekends I make 2-3 meals just to get us through a particularly crazy week. Her recipes always include sides and assist with the timing (i.e. Her recipes tell you if you need to start the side before the main dish, etc.). I started using her recipes when my girls were 3 and 7. They have always loved all the meals which is such a relief (after spending time in the kitchen, who wants to hear "I don't like this!"). My husband also raves over the recipes. I was able to test drive a few recipes from this cookbook. I was so happy to see I could still take a list of groceries to the store to make meals for the week (a life saver for me). I made the orecchiette with broccoli, the garlic baked potato soup, the tilapia with lemon and capers, the baked burritos and chicken fingers. As usual, all meals were met with rave reviews from my family and gobbled right up. The ingredients chosen are always healthy options, and as I mentioned before the included sides relieve the burden of finding something to go with your dinner! The orecchiette was a very quick meal to prepare, and probably received the most fanfare from my family. The tilapia was also incredibly simple to make, and my ten year old had seconds commenting that she loved capers and the citrus flavor. I used the crockpot option (another fantastic feature of Aviva's recipes) to make the baked potato soup. It was a little bland until we added the bacon, cheese and sour cream toppings. Again, the kids loved the recipe and had no problem finishing dinner.

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