

# easy weekly meals



## Our Books

**Easy Weekly Meals for Moms on the Go** gives busy moms 16 weeks of menu plans and corresponding grocery lists and recipes – one themed for each month of the year. This smart eCookbook makes it easy for moms and all busy people to prepare healthy meals the entire family will enjoy and leaves plenty of time to get to all the spots today's families need to hit each day. And, it's completely green!

Download it to your mobile device or computer, take it to the grocery store and shop from your phone, then pull up the recipes in your kitchen and breeze through each tasty recipe in no time flat. Build-your-own tacos. Melt-in-your-mouth ribs. Finger-licking-good chicken. PLUS dessert. Blueberry pie, flourless chocolate cake, and waffles with ice cream, bananas, and chocolate sauce.

Are you new to the ebook world? Don't let these buttons scare you. They're a good thing! They mean that Easy Weekly Meals is green, and not just the College book's logo. Our cookbooks are "smart" electronic cookbooks, filled with links to loads of useful cooking tools. In addition to saving trees and kitchen space, our books can travel with you to the grocery store. And any place you go you'll have them with you in your smart device.



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Our New Book, Simply Sumptuous Salads is Coming Soon!

**Empty Nesters** (and others!) can use our [Measurement Converter](#) to find the appropriate quantities for existing recipes.

Find **Gluten Free**, **Dairy**, and **Fat** substitutions by recipe on our [Healthy Substitutions Page](#). And Find recipes in these categories among our [A-La-Carte Recipe Ensembles!](#)