

Anyone Can Cook Dinner by Sandi Richard



Great Quotes From Sandi

“Time and guilt is what’s keeping North Americans unhealthy, not food!”

The Most Loved Family Dinners from Sandi Richard's Entire Series

- Chosen for flavor, speed, ease & affordability
- Designed to help anyone at any age cook absolutely delicious dinners in the work week
- 20 minutes or less to prep the whole dinner
- Each complete dinner is around 500 calories or less
- Grocery lists included and online for each week of dinners... so even grocery shopping is easy
- Full color photo for every meal
- Tested and retested with actual families, in their own kitchens
- Teens or other family members can do part of the meal before you get home using our unique watermark system (see page 12)

**UPDATED
& REVISED
MEALS!**

Rinse lettuce in a salad spinner and spin dry.
Set out toppings in small serving bowls on
dinner table.
Simmer meat mixture at medium-low.
Meat mixture will thicken in 10 minutes.

“Your home will thrive and your profit will be peace, understanding, compassion, health and yes, even cash because you are going to save a ton of it!”

“Whether you are slim or overweight... what you eat can make you feel sad, sluggish, misunderstand or depressed! Really... really!”

“A ‘grab anything’ dinner always starts with not knowing what to have for dinner!”

“I Love how Cooking Together/ Apart™ helps families work together (even when they’re apart!)”

“Not having the right ingredients to make a meal is the #2 reason families regularly don’t eat a healthy dinner at home.”