

Delicious Recipes and Expert Tips for Balanced Eating

So Easy



So Good

Kylie Sakaida, MS, RD

*Creator of
Nutrition by Kylie*

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Roseann Smith



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and Potato Soup Cider Pork Chops Slow Cooked Stuffed Peppers Greek Meat Loaves Mostaccioli Picante Beef Roast Enchilada Casserole Peanut Butter Pie German Chocolate Cupcakes Chapters such as Weekday Meals Freezer Pleasers Cook Once Eat Twice Slow Cooker Bread Machine Sides Salads Gatherings and Desserts make this time saving edition to the best selling series is a cook s favorite It s just real food by real cooks for real people

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