

# **Cook Once, Eat All Week: 26 Weeks of Gluten-Free, Affordable Meal Prep to Preserve Your Time Sanity**

*Cassy Joy Garcia*

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**Cook Once, Eat All Week** is a revolutionary way to get a delicious, healthy, and affordable dinner on the table FAST. Author Cassy Joy Garcia will walk you through this tried-and-true method and show you how batch-cooking a few basic components can give you an entire week's worth of dinners with minimal time and effort.

Have you ever tried a meal prep plan before and gotten *so* excited about having your cooking for the week done ahead of time, only to find yourself totally exhausted after a full day in the kitchen, shocked by your grocery bill, and tired of the same leftovers by Tuesday? Cassy Joy Garcia had been there, too. As a mom, business owner, and Nutrition Consultant, she needed to get a healthy, affordable, and tasty dinner on the table fast every night, and she knew there had to be a better way to do it.

She finally cracked the code when she discovered that by batch-cooking a protein, starch, and vegetable each week she could easily assemble three fresh, diverse meals in minimal time. After years of her readers asking her for better meal prep strategies and easy recipes, she released 4 weeks of recipes on her blog, Fed and Fit. Since then, tens of thousands of people have made and raved about the series and begged for more!

In this book you'll find 26 weeks of affordable, healthy, delicious meals that your family will love eating, and a chapter full of bonus 20-minute meals. Optional Instant Pot and slow cooker instructions are included to get you even more time back in your week. With a Real Food foundation, the weeks in this book aim to support dietary approaches that range from: gluten-free, dairy-free, Paleo, low carb, egg-free, kid-friendly and more.

Three simple ingredients like shredded pork, potatoes, and cabbage are turned into these three easy to assemble meals:

Honey Mustard Pork Sheet Pan Dinner      Enchiladas Verde Casserole      Sloppy Joe Stuffed Potatoes

This book is a must-have for anyone looking for a REAL solution to help them eat healthfully while also saving time and money and loving what they are eating.

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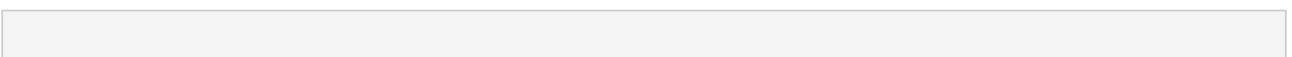
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