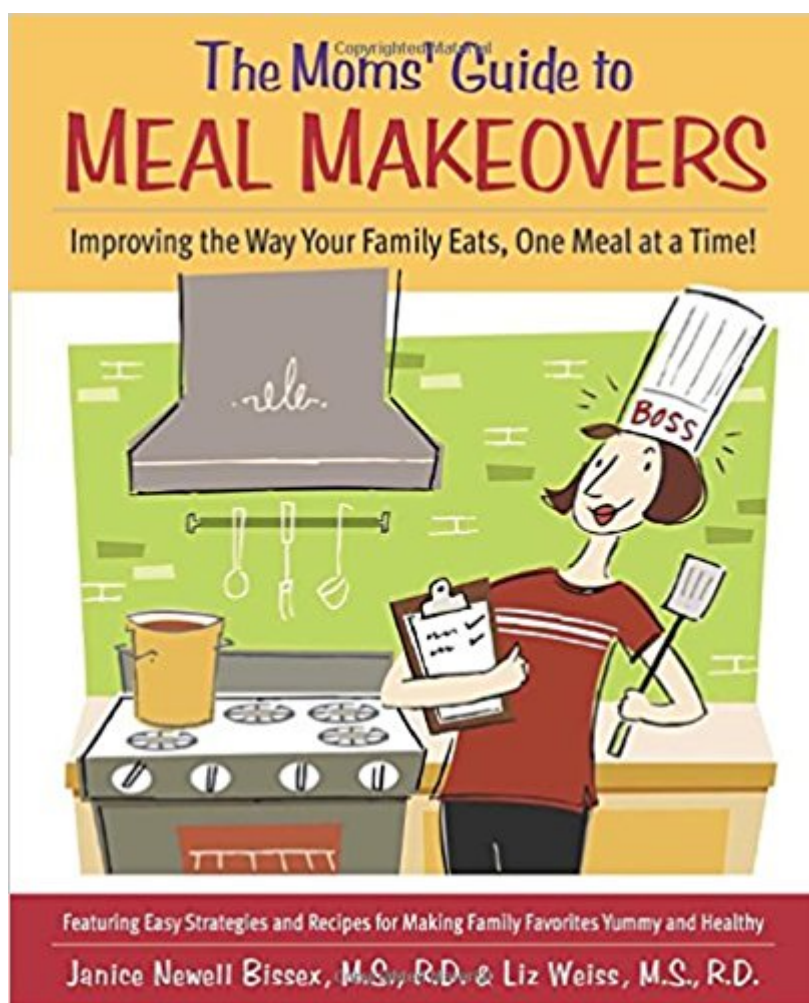


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# The Moms' Guide To Meal Makeovers: Improving The Way Your Family Eats, One Meal At A Time!



## Synopsis

For the legions of harried moms who have tossed in the dishtowel on cooking healthy meals (or any meals!), the easiest-ever guide for bringing super nutrition back to the kitchen. Getting dinner on the table night after night can be a challenge. So it's no surprise that busy moms often rely on fast food, takeout, and convenience meals like macaroni & cheese, chicken nuggets, and fries. The kids love it but the drawback is that little twinge of guilt moms feel every time they feed their family another not-so-healthy meal. At the end of the day, many children end up with a poor diet high in sugar, saturated fat, and calories—a major factor in the rising rates of obesity. Finally, here are realistic guidelines designed to give families a healthy meal makeover. The Moms lay out a 5-Step Meal Makeover Plan, explaining how to market good nutrition to kids, establish food rules, and make life easier in the kitchen. In The Best of the Bunch chapter they reveal which brands of kid convenience foods—hot dogs, frozen pizza, and more—are the best tasting and most nutritious ones out there. The Moms show how to stock a healthy pantry and whip up delicious anytime meals using pantry staples. They even serve up 120 reworked recipes for family favorites such as Fast-as-Boxed Macaroni & Cheese, Squishy Squash Lasagna, Cheesy Broccoli Soup, Sweet Potato Fries, and Chocolate Pudding with Toppers.

## Book Information

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## Customer Reviews

The unhealthiness of juvenile diets has generated new concern about excessive fast food and nutritionally suspect mass-produced meals in children's daily fare. Dieticians Bissex and Weiss

have written *The Moms' Guide to Meal Makeovers* specifically to show just how to go about enhancing the nutritional value of everyday home cooking. Despite the title's somewhat sexist assumption (Are dads by nature uninvolved in, ignorant of, or averse to their offspring's good nutrition?), the book presents relatively simple ways of bettering recipes' nutrition by substituting lower-fat and lower-sodium ingredients and by always paying attention to labels. Each recipe has a table comparing fat, protein, carbohydrate, sodium, and fiber levels of both the standard and improved recipes. Mark Knoblauch  
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For the legions of harried moms who have tossed in the dishtowel on cooking healthy meals (or any meals!), the easiest-ever guide for bringing super nutrition back to the kitchen. Getting dinner on the table night after night can be a challenge. So it's no surprise that busy moms often rely on fast food, takeout, and convenience meals like macaroni & cheese, chicken nuggets, and fries. The kids love it but the drawback is that little twinge of guilt moms feel every time they feed their family another not-so-healthy meal. At the end of the day, many children end up with a poor diet high in sugar, saturated fat, and calories ... a major factor in the rising rates of obesity. Finally, here are realistic guidelines designed to give families a healthy meal makeover. The Moms lay out a 5-Step Meal Makeover Plan, explaining how to market good nutrition to kids, establish food rules, and make life easier in the kitchen. In *The Best of the Bunch* chapter they reveal which brands of kid convenience foods-hot dogs, frozen pizza, and more-are the best tasting and most nutritious ones out there. The Moms show how to stock a healthy pantry and whip up delicious anytime meals using pantry staples. They even serve up 120 reworked recipes for family favorites such as Fast-as-Boxed Macaroni & Cheese, Squishy Squash Lasagna, Cheesy Broccoli Soup, Sweet Potato Fries, and Chocolate Pudding with Toppers.

Pros...-Tasty recipes. So far we've had the nuggets, ziti (like a tastier hamburger helper), cheesy cauliflower, pastina and peas, broccoli, broccoli cheese soup, beef stroganoff-Fast recipes, usually not a lot of clean up. I love cooking, but since I've had kids, fast and easy is often the way I need to go.-Suits the palate of my not very adventurous husband. It's food that everyone is familiar with and wants to eat.-Recipes don't require many ingredients or costly ingredientsIf I'm going to be picky..-I wish it had a greater variety of veggies. Lots of broccoli and a few other veggies, which I like, but just wish there was more.-The breakfast stratta was ick. I think the bread needs to soak overnight like in many other recipes I've seen. However, it was the only dud I've tried.-Definitely need to add salt and pepper to the dishes. I know they're trying to cut sodium, but that's just my opinion.-Recipes

should suggest using whole wheat pasta. It tasted fine in the ziti and the stroganoff. They may have mentioned the option of whole wheat in the first part of the book, but I'd like to see it on the recipe itself so I don't forget while making the grocery list. I'm still trying to get into the habit of buying whole wheat.

My personal trainer recommended this book for us because she is also a busy mom of 2. I was a little nervous about it being too complicated like many healthy cookbooks are these days but I was pleasantly surprised. I received the book this week and have already made the Mexican Lasagna and the Creamy stroganoff with peas. My super picky 4 year old ate both with little to no fuss. He fusses about eating dinner in general unless it's cereal or yogurt so this was a huge win for us. He loved the Mexican lasagna, the one I figured he wouldn't like at all. The recipes consist of basic ingredients and the authors use frozen or pre-packaged veggies and ingredients to help save time. Both recipes I made were under 30 minutes or could be made ahead. I went through the entire book and tagged all of the recipes I think my family will enjoy and I tagged over half the book. I also ordered their new book 'No Whine with Dinner' which should be here tomorrow. I can't wait to make some more recipes.

Honestly, I bought this book in order to get free shipping on the puree book currently sweeping the nation. Much to my surprise, this book has so much more to offer. The first half of the book is packed with useful nutritional information. My favorite chapters are the "Best of the Bunch" which lists the healthiest options in convenience and pre-packaged foods, and the "Meal Makeover Pantry", which lists the healthiest ingredients to have on hand. (I didn't know things like Omega-3 eggs and canola mayonnaise existed, but they are now staples in my house.) The second half of the book is recipes, and the first three that we've tried - Squishy Squash Lasagna, Thai Chicken Pizza, and Oh-So-Easy Chicken Parmesan - have all been huge hits at my house. This is truly a great book!

My family loves this cookbook. Every thing in here is fabulous. My kids are really picky eaters but they will eat these recipes. In fact, I generally resort to this book, their other book "No whine with dinner" and their website for making my menu for the week. Most of the meals don't take too long to make which is a bonus with a busy family like ours. The book doesn't have any pictures of the recipes, I guess, that might be a negative but don't let that stop you, it's totally worth it.

I love this cookbook and these ladies. All the recipes I've tried have been yummy, easy and nutritious. I'm not very comfortable in the kitchen, am not a very good cook and really struggle with what to make for my family for dinner each night. I found Janice and Liz's podcast this summer and loved it. They mentioned their book so I got it right away. It's my favorite cookbook--and I've bought lots because I need lots of help. After making several of their recipes (and having good results), I feel more comfortable in the kitchen, cook more often and am willing to try foods and ingredients that I would have been too intimidated to try before. I know they are working on their next cookbook and I'm looking forward to getting it as soon as it comes out.

After being referred to a dietician for my daughter, I was given a few booklets to get us started on different foods and meals. This book was referenced as an additional resource. I immediately ordered the book and have LOVED it ever since! I have made many meals for my family out of this cookbook. What I especially love, is the "before and after" nutritional information. I also love that it is written by two moms that are also dieticians! Can't get any better than that! I have tons of post-it flags throughout the book for easy reference! Highly recommend this cookbook! I have just ordered their newest cookbook "No Whine with Dinner" and can't wait to get it!

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