



Food That Works: Real Meals to Survive the 9 to 5

Malia Dell

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Most of us work long hours, so we need fast, healthful, portable breakfasts and lunches. Then, when we get home at night, we need easy delicious dinners that can be assembled in about the same amount of time it takes to change into our sweatpants. Having a busy schedule does not mean we must compromise our health, settling for subpar meals in a restaurant or from a cardboard box or drive-thru window.

You work hard; you deserve fresh food. Malia Dell created this food system so you don't have to think. You can go to the store with a complete shopping list and come home with a plan for the whole week.

Food That Works is a Monday-through-Friday survival cookbook, designed specifically for busy people who want to eat more meals prepared at home and fewer meals out. Each week, many of us go through the same routine of making shopping lists, going to the store, and planning what the hell to eat. Being tired and unprepared during the week, we end up settling for most of our meals out, only to watch all of our fresh food rot in the fridge—again. Why recreate the wheel? Buy this book and you will no longer dread going to the grocery store. All of the information you need for successful meal planning has been captured between these two covers.

Food That Works offers you five great weekly menus to choose from, all paired with shopping lists, prep instructions, and realistic recipes for the week. It teaches you to be a savvy shopper and encourages you to select the best quality ingredients by reading ingredients labels, moving you away from settling for processed and packaged foods.

Food That Works teaches you how to prep, keep food in rotation, and run your kitchen efficiently—like a restaurant! It provides healthful recipes for the meals you already know and love (burgers, tacos, chili, BBQ chicken), all designed to have minimal clean up. *Who has time to clean?* These delicious recipes will get you out of your ol' familiar-food rut. You will have a plan for every ingredient you buy, and there will be no more food waste!

No matter what your level of cooking knowledge, this book has you covered. It has been used by people whose skills range from novice to chef. This book provides detailed guides to ingredients and utensils, and gets beginners started in the kitchen with confidence. It contains everything you need to know, from food shopping to assembling nutritious recipes, and even more importantly, how to realistically implement this plan during the workweek.

This book turns your fridge into a whole food salad bar (baked chicken breasts, hard-boiled eggs, baked sweet potatoes, chopped vegetables), so when you swing open the door—BOOM—all your possibilities are right there in front of you. Not all of my techniques are glamorous, but they work. Sometimes, you just need to be able to slam some good food down your gullet and move on. This is real food on the fly. Let's do this!

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