



# The Speedy Sneaky Chef: Quick, Healthy Fixes for Your Favorite Packaged Foods

*Missy Chase Lapine*

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**The Speedy Sneaky Chef: Quick, Healthy Fixes for Your Favorite Packaged Foods** Missy Chase Lapine *New York Times* bestselling author Missy Chase Lapine inspired legions of parents to “sneak” good food into their children’s meals with *The Sneaky Chef*. Now she extends her concept of “sneakiness” into “speediness”: giving her fans 75 all-new healthy recipes that they can prepare in a flash. Missy knows that most parents rely on packaged foods to feed their families, and she’ll show how to reap the benefits of convenience foods without sacrificing nutrition, including:

- Quick fixes for jarred tomato sauce, mac-and-cheese, pancake mixes and cereals.
- Clever Shortcuts that will get weeknight cooks out of the kitchen in a hurry.
- Info on navigating options in the supermarket, what to look for when choosing packaged foods, shaving minutes—and calories—from every shopping trip.
- Recipes that are dense in nutrients, while low in calories, fat, sodium, and sugars.
- Fast tips such as “Sneaky Swaps” and “Sneaky Supercharges” that will kick meals up a notch.

Best of all, *The Speedy Sneaky Chef* offers the best thing of all: time! Less time in the kitchen means more family time. Plus there’s the peace of mind of knowing that meals are not just convenient, but healthy.

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#### **Michael Carr:**

Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or their friends. Usually they performing activity like watching television, planning to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book could be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled *The Speedy Sneaky Chef: Quick, Healthy Fixes for Your Favorite Packaged Foods* can be good book to read. May be it could be best activity to you.

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