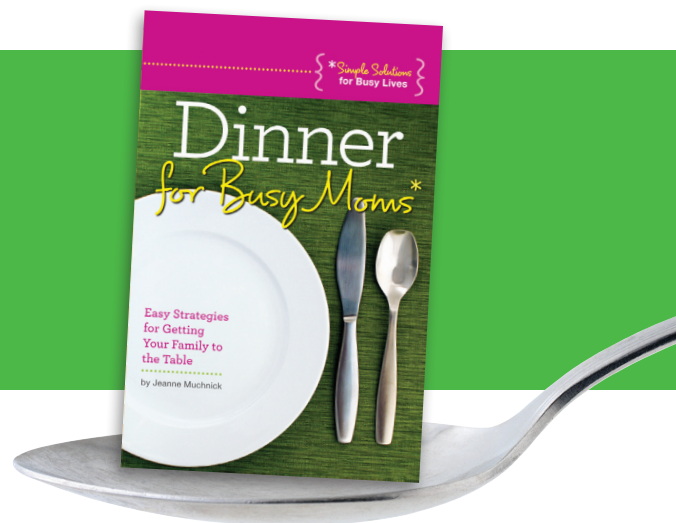


# Dinner for Busy Moms\*

PlainWhitePress.com



## Praise for *Dinner for Busy Moms*

“Thanks to *Dinner for Busy Moms*, the words ‘dinner’ and ‘moms’ together no longer need to inspire dread, panic, or pizza. Let Jeanne Muchnick’s 1,001 ideas show you how the evening meal can be made easy, nutritious, and fun — so instead of it making you feel tired or guilty, you can sit back and enjoy both your food and your kids.”

—Paula Spencer, *Woman’s Day*  
“Momfidence” columnist and the  
author of *Momfidence*

“This book doesn’t assume you’ve got a spice rack the size of a small cupboard or a sous chef to help with prep work. The result is a fun-to-read guide from an always-wise author who feels like a long-lost friend.”

—Ann Douglas, author, *The Mother of All Pregnancy Books and Mealtime Solutions for Your Baby, Toddler, and Preschooler*

“Reading this book made me hungry, and actually motivated me to go to the food store with a list and a meal plan. I also love the tone: it’s fun, witty and honest, and as a busy mom of four, I can relate 100%.”

—Marian Edelman Borden, author of: *The Everything Baby’s First Year Book and The Pocket Idiot’s Guide to Play Groups*

“I love Jeanne Muchnick’s step-by-step approach to feeding your family and their collective well-being. I’m a huge fan of planning, especially meal planning—heck, it helped my family and me save thousands of dollars a year when we became suddenly frugal. Along the way having dinner together many nights a week can become second nature. If you follow Muchnick’s advice, you will not only get dinner on the table without stressing yourself out but you’ll also benefit from having that important family meal time together.”

—Leah Ingram, author of *Suddenly Frugal: How to Live Happier and Healthier for Less*

“If the Food Network makes your eyes glaze over but you still want to cook good food for your family, this book is for you. Filled with sanity-saving tips for busy 21st century moms, *Dinner for Busy Moms* is the handy guide to preparing family meals that you wish you had whenever you’re staring down the supermarket checkout aisle at dinnertime.”

—Jen Singer, author of the *Stop Second-Guessing Yourself* guides to parenting

“Finally, an author who ‘gets’ that it’s impossible for multitasking mothers to get a family dinner together between ballet lessons and soccer practice — and then tells us precisely how to make that dinner happen pretty regularly. Hooray for Jeanne Muchnick.”

—Rona Gindin, *Host, On Dining (Bright House Central Florida) and author, The Little Black Book of Walt Disney World: The Essential Guide to All the Magic*

“If like me you’re mom who would rather scratch her eyes out than cook dinner for her kids this is the book is for you! I especially loved the chapter titled, ‘Feed Yourself First.’ This book is ALL about helping us moms find shortcuts and encouraging us to indulge ourselves too. Plus, any book that advises a chocolate break is a book I want to read! Even as a mom who has two left thumbs in the kitchen, I felt I could actually manage to whip up some of these easy to make dishes listed in chapter six and keep my brood well-fed. A must-have in every kitchen!”

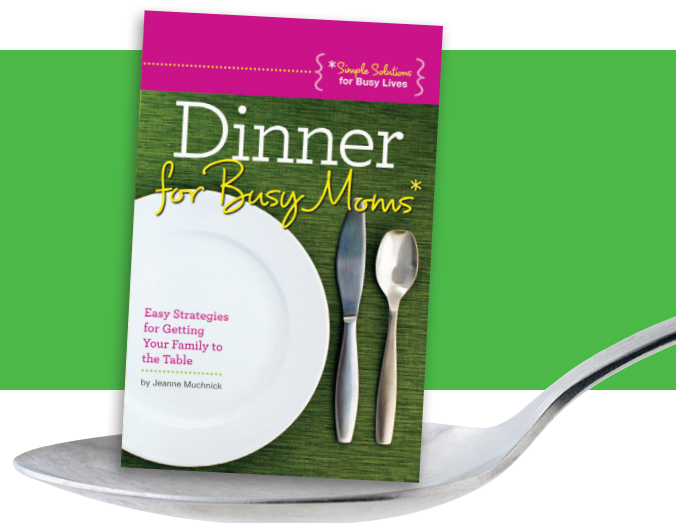
—Melissa Chapman, *Staten Island Advance Kids in the City Columnist, Time Out NY Kids contributing writer and WCBSTV parenting blogger*

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\*Serving up  
Simple Solutions  
for Families

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## Praise for *Dinner for Busy Moms*- cont.

"If there's anyone I've come to trust regarding mealtime and my family, it's Jeanne Muchnick. As an avid fan of her restaurant reviews in *InTown Magazine*, *Westchester Magazine* and *The Journal News*, this mom of two is my barometer for great food finds. Kudos to Jeanne Muchnick for taking her keen sense of delectable dining experiences and bringing it back to the dinner table."

—Beth Feldman, author/editor See Mom Run (Plain White Press) and Founder of RoleMommy.com

"Reading *Dinner for Busy Moms* is like having my own personal family dinner coach. Jeanne Muchnick understands what it's like to juggle a busy family's schedule and knows how stretched moms are today. This is one of those books that you'll want to carry around the house, tote along in your purse, and, in general, keep close by."

—Leslie Levine, author, *Wish It, Dream It, Do It: Turn the Life You're Living into the Life You Want*

"Moms want things that work. From appliances to weight loss programs, we have no time for trial and error. *Dinner for Moms* proves that family dinners work - to raise better students, healthier eaters and happier people. Jeanne Muchnick reminds us (without laying on any guilt) that it's about the table, not the stove. Passing the peas just took on vital, daily importance."

—Kim Orlando, founder of *TravelingMom.com* & the *TravelingMom Blogger Network*.

"Even though cooking is my passion, I still struggle to get my family around the table to eat at the same time regularly. After reading *Dinner for Busy Moms*, I feel empowered to make a change. Jeanne Muchnick doesn't judge or talk down to other moms, she simply arms us with easy and powerful strategies to make family dinner time a reality instead of a guilt-inducing dream. I especially liked that that book was full of amazing advice in a non-judgmental tone. It's compulsively readable."

—Vanessa Druckman, freelance writer, *The Parent Paper*, *The Columbus Parent*, blogger/founder of *Chefdruck Musings*

"What's on the menu tonight? According to the author it doesn't have to be fast food eaten in the car. In fact, experts tell us that parent-child meals around the kitchen table can benefit your children in a myriad of ways. But family meals can make a comeback without you having to channel your inner Martha Stewart. Breakfast for dinner? Picnics in the family room? Why not? This book explains in an honest and accessible way how to improve your family meals without causing you more stress. And it does so mom-to-mom, which is always how the best advice gets passed, just like a treasured recipe. So dig in to this meaty meal of advice, fun and common sense. The result is a smorgasbord of benefits every parent can really sink their teeth into."

—Liza N. Burby, publisher of *Long Island Parent magazine*

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