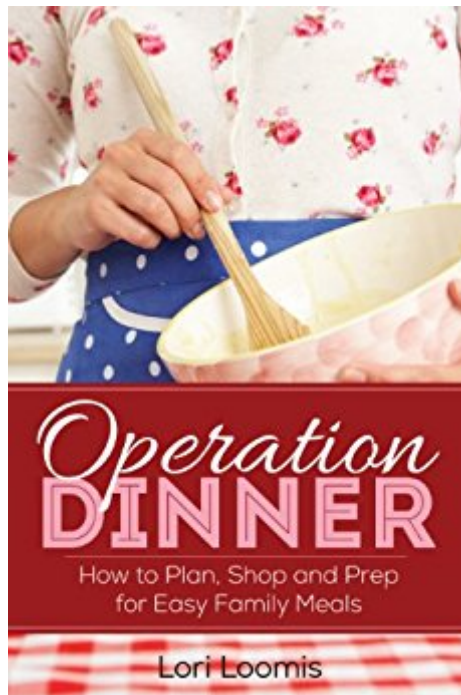




The book was found

Operation Dinner: How To Plan, Shop & Prep For Easy Family Meals



Synopsis

Bring your family back to the dinner table every night with a few simple strategies. Operation Dinner shows you:• The Essential Elements of Meal Planning• Strategies for Monthly Shopping• How to Make a Meal Planning Binder• Organizing Your Kitchen• How to Prep Your Ingredients for a Months Worth of Meals• Interpreting Food Labels• Choosing the Right Cuts of MeatYou will also find over 75 recipes with shopping lists included for each.

Book Information

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Customer Reviews

Author Lori Loomis has written an extensive cookbook telling about how to stock your pantry, develop menus and delve into freezer cooking. All of these things I've been doing for over 30 years, in particular freezer cooking for the past 20 years or so, so I really do not need this book. For the novice cook who is starting out this is the perfect cookbook to purchase and use. Loomis offers plenty of tips on how to cooking safety and how to plan menus. She's also included a nice collection of recipes to help novice cooks get started with their "Operation Dinner" planning. Some of the recipes you will find in her cookbook include: Swiss Steak Italian Meatball Soup Basic Baking

This book is an excellent resource for prepping and planning meals ahead. It is very well written, thorough and provides simple recipes and simple methods so you can make tasty meals in little time. Love the recipes with the shopping list at the bottom of each one. I just go to the bottom of the recipe to see what I have to buy and most of the time I don't even bother to look at the recipe itself. Is that easy. The how to freeze section is amazing too. Love the prepping that you can do to make apple pie filling and other fillings. Definitely worth the money that I spent in this book.

This book is awesome! Just what I needed to help me better organize my menus and shopping. We are adopting a teenager and our meal routines have changed from the 2 of us eating anytime and anything handy to having to think ahead and plan meals. This book not only helps with the planning but the recipes are great. I truly dislike cookbooks that have fancy recipes that call for items I can't pronounce let alone find in my local grocery store. All of these recipes not only sound good, but I have already made several and they taste great too. I am so proud to say that I now have a freezer full of shredded chicken and homemade chicken broth. Next we'll work on the beef preparations from scratch. This is fun and now I almost cook like my Mom, almost.

I have never read a cookbook as informative as this one and I have been cooking for at least 40 years! I have always kept the red checkered Better Homes book, but this book is the modern replacement. This is a wealth of healthy cooking information on everything from sanitizing, washing, prepping, freezing, saving money, great basic recipes for fast meals, living leaner and cleaner. I would recommend this book to anyone, but feel it would make a fantastic gift for all new homemakers.

I've been struggling with my hated chore of planning meals, grocery shopping and cooking. The number of times I have to handle food items was really getting me down. (Mentally handling it as I made a list, put it in the cart, put it on the check-out, load it in the car, unload the car, unload the bags, put it away--eventually handle it to cook it...) I was tired of it all and my family was paying the consequences as we ate out more or ate minimally nutritious foods. Did I mention my son has severe food allergies, so meal prep is taken to a whole new level in our house. Then, as I surfed the net dreaming about taking our self-employed and homeschooled family on the road in an RV to explore our country I found this great book. My spirit is beginning to thaw and come alive as I

envision putting these great tips into action. I look forward to giving it a go, great read!

Love how this educational recipe book breaks things down into a do-able plan for the busy lifestyles and expectations we women have on us today. I have been looking online for a meal plan that meets my needs to no avail. This book was encouraging to my discouraging nights of meal fights. This book is excellent for those with busy schedules or just anyone who wants to spend more quality time with their families. Awesome...thank you for sharing and making this book affordable for those of us who could use real help in the kitchen.

Lori Loomis makes meal prep simple for even the most unseasoned homemakers. I especially appreciated the lists of recipe ideas for different meats, veggies, fruits, and seasonings. There is even a section specific to using your slow cooker! I found that some of the information is readily available otherwise on the Internet, but I think it's worth having it organized and all in one place like this book does.

This is a great book to pick-up if you are wanting to streamline the cooking process and serve delicious meals to your family. The author did a wonderful job dividing it into easily understandable categories--and I especially like how she breaks out the various meats and then shares several recipes that you can make for each type. I'm definitely going to try the mixes and sauces recipes that are included,too! I've already found several tips and recipes that have paid for the price of the book.

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Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan)
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