



Trim Healthy Mama's Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours

By Pearl Barrett, Serene Allison

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From the bestselling authors of the *Trim Healthy Mama Plan* and *Trim Healthy Mama Cookbook*, a new cookbook for the whole family!

The Trim Healthy Mamas have helped hundreds of thousands of women lose weight and live healthier lives with their bestselling cookbook and eating plan and now they are ready to help the entire family! After experiencing incredible life transformations of their own, readers want to be able to help their families feel better and trim down, too. Trim Healthy Table is just the answer. It bursts with over 300 family friendly, delicious and trimming recipes, along with practical advice on how to healthfully nourish your family without going insane and chaining yourself to the kitchen.

Bestselling authors and sisters Serene Allison and Pearl Barrett have 18 children between them and their two families have been thriving on the Trim Healthy Mama plan for years. Trim Healthy Table contains all their best tips, tricks and encouragement for families, whether large or small. Serene and Pearl shamelessly share cunning ways to get picky eaters gobbling down veggies and other healthy foods they usually detest. You will learn how to painlessly use whole, unprocessed foods, including blood-sugar friendly carbs, fats, proteins, fruits and vegetables to create meals even the fussiest kids (and husbands) will love. You'll also learn how one basic meal can make a whole family happy even with different nutritional needs. The quick and easy recipes include lots of one-pot dishes such as, skillet meals, slow cooker meals, electric pressure cooker meals, casserole and soups. With the recipes you can wake up to hearty breakfasts, prepare bars for on-the-go or try a creamy, quick-to-make smoothie, even Indulge yourself with the many trimming desserts...cake for breakfast is celebrated! And, if you're simply looking for single serve 5 – 10 minute meals, the Hangry Meal chapter has you covered.

In addition to the hundreds of recipes, included is a Simple Start Guide to the Trim Healthy Plan which concisely explains how you can trim down by getting

your blood sugar under control and how to, ever so gently, help other members in your family who may be struggling with weight issues. So, gather your family, bring them to the Trim Healthy Table... eat up... and trim down!

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Editorial Review

About the Author

PEARL BARRETT and SERENE ALLISON are sisters who share a passion for healthy eating. They both have large boisterous families and love to experiment in the kitchen on ways to best nourish their families while staying slim and healthy in the process. They are former Christian recording artists who traveled extensively for the record label, but they relinquished their touring careers to embrace a life at home with children, dinners, dishes, and diapers. They never looked back.

Users Review

From reader reviews:

Diane Worrell:

A lot of people always spent their own free time to vacation or go to the outside with them family or their friend. Did you know? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day every day to reading a e-book. The book Trim Healthy Mama's Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours it doesn't matter what good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. Should you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to cover but this book has high quality.

Ralph Humphries:

The book untitled Trim Healthy Mama's Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours contain a lot of information on the idea. The writer explains your ex idea with easy technique. The language is very straightforward all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author gives you in the new time of literary works. You can read this book because you can read on your smart phone, or product, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open up their official website and also order it. Have a nice examine.

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