



How to Use This Book

I designed this cookbook to make your life easier. The goal? Use a high-protein, whole-food meal on the table fast—without the stress. You don't need fancy techniques, ingredients, or hours of prep. Just simple, delicious meals that work for real life.

The key to making healthy eating easier? It's all in the prep. You can talk about spending more money on healthy chopping vegetables (who has time for that?), but a few simple strategies will save you all your stress, money, and make meals come together effortlessly.

Pro



LUNCHES

7. Chicken taco skillet
8. Teriyaki chicken
9. Egg roll in a bowl
10. Sheet pan fajitas
11. Sausage pasta
12. Teriyaki meatballs
13. Ground turkey pasta
14. Sheet pan lemon chicken
15. Korean beef and broccoli
16. Green curry pineapple
17. Baked chicken thighs
18. Sausage and rice skillet
19. Air fryer salmon poke bowls
20. Ground turkey teriyaki stir fry
21. Coconut lime chicken
22. Chicken penne pasta
23. Tomato and chicken pasta
24. Cauliflower stir fry
25. Honey garlic stir fry
26. Beef and spinach chili

The Busy Moms Slow Cooker Cookbook

M Carnoy



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