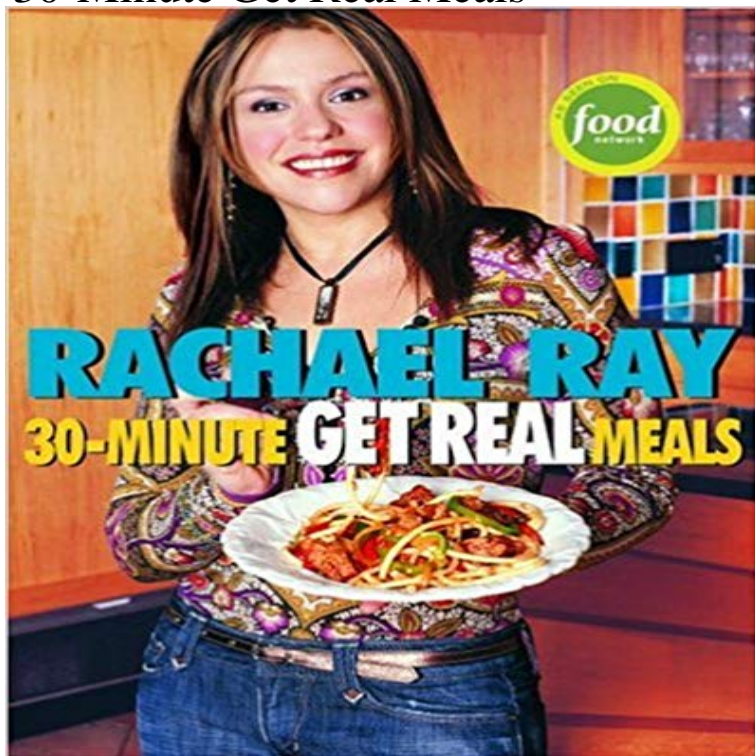


## 30-Minute Get Real Meals



No pasta? No dessert? No way! Everything in moderation, says Rachael Ray. After all, some days only chocolate or spaghetti will hit the spot. In Rachael Rays 30-Minute Get Real Meals, the bestselling cookbook author and Food Network star serves up another helping of creative, hassle-free recipes that are ready to rock your tastebuds in less than thirty minutes. The latest addition to Rachael's runaway hit series of 30-Minute Meals cookbooks is designed for cooks who want to look and feel great but long for the fun and the flavor that's missing from their extreme low-carb meals. Why fill your shopping cart and your stomach with processed, low-carb cereals and breads that taste like cardboard when you can eat the foods you crave? Here, at last, are recipes for those who just cannot and will not live totally carb-free: Pasta dinners made mostly with proteins and vegetables and only a couple of ounces of pasta per serving, fresh Thai and Mexican lettuce wraps, take-out-style stir-frys, and tons of burger ideas with and without the buns. And when you've just got to satisfy that sweet tooth, even nonbakers (like Rachael) will flip for Nutty Creamsicle Pie, Stuffed Roasted Strawberries, and other surprisingly easy dessert recipes. With more than 150 new dishes, plenty of time-saving tips, and a generous serving of Rachael's you can do it attitude, 30-Minute Get Real Meals proves you don't have to go to extremes to eat healthy. Rachael Ray confesses that there's pasta in her pantry, and she isn't afraid to admit that chili is just an excuse to snack on corn chips. On the other hand, she also confesses that it's more fun to shop for clothes when she's eating fewer carbs. So what's a carb-frustrated cook to do these days? Don't go to extremes, says the force of nature behind Food Network's 30-Minute Meals. Get real! With a little creativity and less than half an hour, now you can watch your carbs and eat them, too. Satisfy your

carb-starved cravings and still mind that waistline with more than 150 healthy, delicious recipes including Rachael's first-ever section devoted just to desserts: Snacks and Super-Supper Snacks Burgers Gone Wild Take a Dip: Fondues Salads that Stack Up That's Souper Well-Rounded Square Meals Pasta: Come Home Again Desserts? Yes, Desserts!

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**Eat Healthy Without Going - Goodreads** Aug 17, 2010 No pasta? No dessert? No way! Everything in moderation, says Rachael Ray. After all, some days only chocolate or spaghetti will hit the spot. **30-Minute Get Real Meals: Rachael Ray** - All about Rachael Rays 30-Minute Get Real Meals: Eat Healthy Without Going to Extremes by Rachael Ray. LibraryThing is a cataloging and social networking **Rachael Rays 30-Minute Get Real Meals: Eat Healthy - Thriftbooks** Read Rachael Rays 30-Minute Get Real Meals Eat Healthy Without Going to Extremes by Rachael Ray with Kobo. No pasta? No dessert? No way! Everything **Rachael Rays 30-Minute Get Real Meals: Eat - Barnes & Noble** Rachael Rays 30-Minute Get Real Meals: Eat Healthy Without Going to Extremes by Rachael Ray and a great selection of similar Used, New and Collectible **Rachael Rays 30-Minute Get Real Meals: Eat - Barnes & Noble** Mar 29, 2005 Read a free sample or buy Rachael Rays 30-Minute Get Real Meals by Rachael Ray. You can read this book with iBooks on your iPhone, iPad : **Rachael Rays 30-Minute Get Real Meals: Eat Healthy** Rachael Rays 30-Minute Get Real Meals. Rachael Ray This is perfect for Sunday brunch, or as a light and refreshing ending to a heavy winter meal. Try it with **Rachael Rays 30-Minute Get Real Meals - Kansas City Public Library** Summary. No pasta? No dessert? No way! Everything in moderation, says Rachael Ray. After all, some days only chocolate or spaghetti will hit the spot. **Rachael Rays 30-Minute Get Real Meals: Eat - LibraryThing** 30-Minute Get Real Meals [Rachael Ray] on . \*FREE\* shipping on qualifying offers. The host of Food Networks 30 Minute Meals presents an array **Rachael Rays 30-Minute Get Real Meals - Books on Google Play** 30-Minute Get Real Meals has 991 ratings and 23 reviews. Jennifer said: I collect cookbooks like bad metaphors. Cant help it. I rarely use them - but I **Rachael Ray 30-minute get real meals : eat healthy without going to** Rachael Rays 30-Minute Get Real Meals. Rachael Ray is famous for her healthy and flavorful 30-minute meals, and this cookbook packs 150 of her tasty **Rachael Ray 30-Minute Get Real Meals - Bed Bath & Beyond** In Rachael Rays 30-Minute Get Real Meals, the bestselling cookbook author and Food Network star serves up another helping of creative, hassle-free recipes **Read Rachael Rays 30-Minute Get Real Meals: Eat Healthy Without** In Rachael Rays 30-Minute Get Real Meals, the bestselling cookbook author and Food Network star serves up another helping of creative, hassle-free recipes **Rachael Rays 30-Minute Get Real Meals: Eat - Barnes & Noble** Editorial Reviews. From Publishers Weekly. Part of Rays appeal to legions of Food TV fans is her loose, nonnitpicky approach to cooking at home. Every meal **30-Minute Get Real Meals: Eat Healthy Without Going to Extremes** Rachael Ray 30-Minute Get Real Meals. Minding the waistline and satisfying carb-starved urges is easy with over 150 delicious recipes including super suppers **30-Minute Get Real Meals - Ray, Rachael - 9781400082537 HPB** Dec 7, 2015 - 2 min - Uploaded by Don KerrRachael Rays 30-Minute Get Real Meals: Eat Healthy Without Going to Extremes [http](http://)