

Cookbooks and Meal Planning Guides

Don't Panic Dinners in the Freezer by Susie Martinez, Vanda Howell, Bonnie Garcia (2005)

Kid Shape Café by Naomi Neufled, MD, FACE (2005)

American Heart Association

-many titles including family friendly recipes and cooking with kids

Pillsbury 30 Minute Meals: 230 Simple and Flavorful Recipes for Everyday Cooking

Lickety-Split Meals: for Health Conscious People on the Go! By Zonya Foco.
-400 page, 175 recipes, categorized by cooking time. Includes many tips and pantry list.

The Calorie King: Calorie, Fat & Carbohydrate Counter. 2007 edition.
-Reference guide, includes restaurants, fast food, and common foods.
Order at www.calorieking.com \$8.00.

The Weeknight Survival Cookbook: How to Make Healthy Meals in 10 Minutes. Dena Irwin, RD.