



Plan Simple Meals: Get More Energy, Raise Healthy Kids, and Enjoy Family Dinner

Mia Moran

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Plan Simple Meals is part cookbook, part parenting handbook, and part inspiration. Inside, a modern, busy mom will find recipes, formulas (‘cause what busy parent has time for recipes everyday), and strategies galore — all designed to help her create meals that will support each member of her family to stay healthy, sleep well at night, concentrate on daily tasks, and find joy. It is filled with gluten-free, plant-centered, low-sugar foods coupled with action steps for how to create a rhythm that fits good food into busy family life. With over 50 recipes and tips for how to make them for your family, you can finally take control of your family’s health — one meal, and one doable change, at a time.

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