



The Frantic Woman's Guide to Feeding Family and Friends: Shopping Lists, Recipes, and Tips for Every Dinner of the Year

Mary Jo Rulnick

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Wouldn't you like to eliminate the never-ending "what's for dinner?" dilemma, cut your grocery shopping time in half, and cook more nutritious meals in 30 minutes or less? The original "frantic woman," Mary Jo Rulnick gives you her own secrets for organizing your kitchen, streamlining food preparation, and minimizing cleanup, along with helpful tips on food storage. Sure, life might be chaotic, but your days can always end with a delicious family-friendly meal.

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