

# The Swim Mom Cookbook: A Cookbook for Busy Families

The Swim Mom Cookbook is a cookbook for busy families who want to eat healthy and delicious meals. The recipes are easy to follow and can be made in 30 minutes or less.



## The Swim Mom's Cookbook: The Next Step In Advancing Your Swimmer's Performance

by Deena Walker Williams

★★★★☆ 4.1 out of 5

Language : English

File size : 5327 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 146 pages

Lending : Enabled



As a swim mom, I know how hectic life can be. Between practices, meets, and homework, it can be tough to find time to cook a healthy meal. That's why I created The Swim Mom Cookbook. The recipes in this book are all easy to follow and can be made in 30 minutes or less.

I've also included a section on meal planning and prepping, so you can save even more time during the week. With The Swim Mom Cookbook, you

can have a healthy and delicious meal on the table every night, even on those crazy days.

### **What's Inside The Swim Mom Cookbook?**

- Over 100 recipes for breakfast, lunch, dinner, and snacks
- Recipes that are easy to follow and can be made in 30 minutes or less
- A section on meal planning and prepping
- Tips for feeding picky eaters
- And more!

### **Here are a few of the recipes you'll find in The Swim Mom Cookbook:**

- Breakfast Burritos
- Oatmeal Pancakes
- Yogurt Parfaits
- Chicken Nuggets
- Mac and Cheese
- Pizza
- Tacos
- And more!

### **Free Download Your Copy of The Swim Mom Cookbook Today!**

The Swim Mom Cookbook is available now on [Our Book Library.com](http://OurBookLibrary.com). Free Download your copy today and start cooking healthy and delicious meals for your family.

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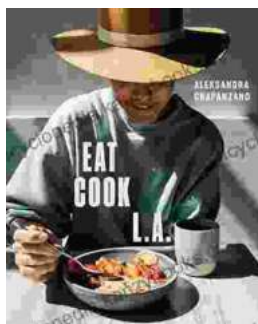
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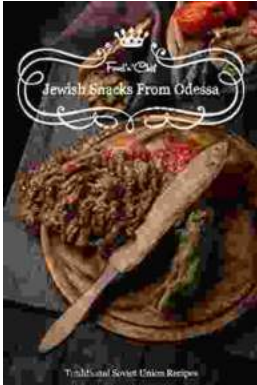
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