



## The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes

By Aviva Goldfarb

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**The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes** By Aviva Goldfarb

**Get organized and fix the hectic "six o'clock scramble" for a healthy weeknight meal!**

Everyone wants to eat healthier, but pulling together a healthy meal can sometimes feel like a daunting task. Often we run out of time and ideas at the end of the day and resort to unhealthy takeout or frozen food. But there is a better way that is not only healthier—it's easier, less stressful, and saves money, too. As a busy mother of two, author Aviva Goldfarb has discovered that the key to making healthy meals a reality is simple: Plan several easy, healthy meals in advance and grocery shop once a week with a list.

Inside *The Six O'Clock Scramble Meal Planner* you'll find:

160 delicious, diabetes-friendly recipes that require 30 minutes or less to prepare  
32 weekly menu plans complete with main dishes and sides—and an organized grocery list for each week!

Recipes organized by season and by week to give you variety throughout the year

Recipes that are built on natural, fresh ingredients

Slow cooker directions for most recipes

Gorgeous color photos for each recipe

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### **Editorial Review**

#### About the Author

**Aviva Goldfarb** is a *Today Show* contributor, founder of the dinner planning service, The Six O'Clock Scramble (thescramble.com), and author of the dinner cookbooks *The Six O'Clock Scramble* and *SOS! The Six O'Clock Scramble to the Rescue* (St. Martin's Press, 2006 and 2010). Both the cookbooks and online meal planning service have won praise from reviewers at *O: The Oprah Magazine*, *Working Mother*, *USA Today*, *Real Simple*, *The Washington Post*, and many others. She also helps parents lure their kids into the kitchen through weekly posts on PBS Parents *Kitchen Explorers*.

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##### **Jessica Bradburn:**

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##### **Judith Bryant:**

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