



# 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*.

### Users Review

#### From reader reviews:

##### **Donald Dickens:**

The book The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes gives you the sense of being enjoy for your spare time. You can use to make your capable much more increase. Book can to get your best friend when you getting pressure or having big problem along with your subject. If you can make reading a book The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes to become your habit, you can get more advantages, like add your personal capable, increase your knowledge about some or all subjects. You can know everything if you like available and read a reserve The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes. Kinds of book are several. It means that, science book or encyclopedia or other individuals. So , how do you think about this reserve?

##### **Jeannette Coleman:**

The experience that you get from The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes may be the more deep you rooting the information that hide inside the words the more you get interested in reading it. It doesn't mean that this book is hard to understand but The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes giving you thrill feeling of reading. The writer conveys their point in particular way that can be understood by means of anyone who read it because the author of this guide is well-known enough. This specific book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go to you, both in printed or e-book style are available. We propose you for having this particular The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes instantly.

##### **James Stevens:**

A lot of people always spent all their free time to vacation or perhaps go to the outside with them household

or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity this is look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent the whole day to reading a book. The book The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes it doesn't matter what good to read. There are a lot of people that recommended this book. These were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the e-book. You can m0ore simply to read this book through your smart phone. The price is not too costly but this book provides high quality.

**Marjorie Calhoun:**

Is it anyone who having spare time in that case spend it whole day by simply watching television programs or just lying down on the bed? Do you need something totally new? This The Six O'Clock Scramble Meal Planner: A Year of Quick, Delicious Meals to Help You Prevent and Manage Diabetes can be the response, oh how comes? It's a book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these ebooks have than the others?

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