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With more than 150 new dishes, plenty of time-saving tips, and a generous serving of Rachael's "you can do it" attitude, 30-Minute Get Real Meals proves you don't have to go to extremes to eat healthy.

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With more than 150 new dishes, plenty of time-saving tips, and a generous serving of Rachael's "you can do it" attitude, 30-Minute Get Real Meals proves you don't have to go to extremes to eat healthy. Rachael Ray confesses that there's pasta in her pantry, and she isn't afraid to admit that chili is just an excuse to snack on corn chips.

## 30

No pasta? No dessert? No way! Everything in moderation, says Rachael Ray. After all, some days only chocolate or spaghetti will hit the spot. In Rachael Ray's 30-Minute Get Real Meals, the bestselling cookbook author and Food Network star serves up another helping of creative, hassle-free recipes that are ready to rock your tastebuds in less than thirty minutes.

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Get this from a library! 30-minute get real meals : eat healthy without going to extremes. [Rachael Ray] -- No pasta' No dessert' No way! Everything in moderation, says Rachael Ray. After all, some days only chocolate or spaghetti will hit the spot. In Rachael Ray's 30-Minute Get Real Meals, the ...