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Parenting While Working from Home Karissa Tunis, Shari Medini, 2021-01-19 Parenting in December is very different from parenting in July especially while working from home As more parents work from home than ever before there are unique challenges when it comes to meeting the demands of their job helping their kids thrive and finding even five minutes to take care of themselves Parenting While Working from Home offers tips strategies and reflections to help parents balance their careers connect with their kids and establish their inner strength over the course of a year Parenting experts and founders of the popular website Adore Them Parenting Karissa Tunis and Shari Medini share actionable tips heartfelt insight and planning strategies to help you enjoy your own parenting journey while working from home Building on the authors own experiences and the most common challenges they hear parents voicing today Parenting While Working from Home encourages parents to make intentional changes that will result in happier families and thriving careers This practical guide will teach you how to Manage your time so that both your kids and your job get the attention they need Build a professional network and maintain your productivity from home Create a kid friendly environment that encourages independence and strong sibling bonds Consistently tune in to your own needs so that you can meet your true potential And so much more While it isn't always easy working from home while raising a family can and should be an incredible experience Parenting While Working from Home offers comfort in shared struggles new solutions and calmer days ahead

Food Guide for Women's Soccer Gloria Averbuch, Nancy Clark, 2015-06-15 This handy how to food guide addresses the nutrition questions and concerns of soccer athletes of all ages and abilities to help them achieve success with energy to spare Soccer athletes are hungry for good nutrition information They have lots of food questions What should I eat before a game What about sports drinks How much protein should I be eating Food Guide for Soccer Tips Recipes from the Pros will answer those questions plus others This easy to read book offers practical tips debunks nutrition myths and is a simple how to resource for soccer players their coaches and parents The text is sprinkled with quotes from professional soccer players as well as recipes sample menus and nutrition sidebars

Good Housekeeping, 1998

PlantPure Comfort Food Kim

Campbell, 2022-12-13 Discover new whole food recipes and plant based recreations of traditional family dishes with no oil often no gluten and lots of rich satisfying flavor Good health begins in the kitchen and great recipes make switching to or maintaining a plant based diet easy In PlantPure Comfort Food Kim Campbell Director of Culinary Education and Development at PlantPure and daughter in law of Dr T Colin Campbell the science father of the modern plant based nutrition movement offers comfort food recipes to satisfy a wide range of palates making a healthy plant based lifestyle more accessible than ever From enchiladas to pho bowls to buffalo pot pie the possibilities for plant based eating are endless and delicious This third PlantPure cookbook offers over 100 reinventions of comforting culinary classics including Southern Style Polenta and Greens Lasagna Stew Spinach Quesadillas Chickpea Tikka Masala Samosa Burritos Pad Thai Zoodles Sweet

Potato Spice Muffins Apple Cranberry Crisp Plus Campbell offers helpful suggestions on how to swap out flavors and ingredients to truly make these recipes your own as well as detailed guidelines for swapping meat dairy and egg for whole plant substitutes in your own family's favorite dishes Food is a vital part of who we are It's what brings us together connects us to tradition and feeds us physically and spiritually Create for your family a new tradition of delicious sustaining health promoting whole plant foods Give them the gift of a plant pure table Chef ,1997 **Great American Brand Name Baking** ,1991 **Holiday and Celebration Cookbook 2004** Taste of Home,2004 The Christmas season presents ample opportunities to get together with family and friends **The American Restaurant** ,1927 Naturally Sweet Fran Raboff,Lynn Bassler,1993 Hospitality ,1927 **The Frango Cookbook** Elizabeth Brown,2007 *A Journey of a Jayhawker* William Yoast Morgan,1905 The Prairie Farmer ,1962 **American Home** ,1963 Forms Used by the Durant Hotel, Flint, Michigan ,1923 *Restaurant Business* ,2002 *The American Farmer* ,1975 **Celebrations** Becky Stevens Cordello,1977 History and crafts for various holidays New Year to Christmas **San Francisco Classroom Teachers Journal** ,1955 **Progressive Farmer** ,1975

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