



The Six O'Clock Scramble: Quick, Healthy, and Delicious Dinner Recipes for Busy Families

Aviva Goldfarb

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The Six O'Clock Scramble cookbook is a companion to Aviva Goldfarb's wonderful email-based newsletter service that provides busy moms with easy and nutritious meals for their families.

The Scramble is a weekly e-mail newsletter that features:

Five flavorful and healthy, tried-and-true dinner recipes with side dish suggestions, emailed to you each week.

Easy-to-prepare dinners in 30 minutes (or less), most with fewer than 10 ingredients.

Delicious, easy recipes like Asian Turkey Burgers, Tortellini Tossed with Fresh Mozzarella, honey glazed salmon and red beans and rice burritos.

Includes an organized grocery list so you can print and shop.

Perfect for working or full-time parents, or anyone who wants to make easy, delicious home-cooked meals.

From O, The Oprah magazine:

Aviva Goldfarb had one of those ideas - incredibly obvious, yet nobody had thought of it - that immediately make the pieces of your brain fit together with a neat click. A wife, mother, self-published cookbook author, and organizational ace, Goldfarb realized that for most people 6 P.M. was too late to start wondering what to cook for dinner. So she started the Six O'Clock Scramble, a weekly e-mail newsletter with five days' worth of dinner recipes, plus grocery lists. The meals (grilled teriyaki chicken tenderloins one night, baked huevos rancheros another) take about a half hour to prepare and are creative, healthy, unprocessed and kid-friendly without being adult-alienating.

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From reader reviews:

Manuel Thomas:

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Eric Sanders:

People live in this new day of lifestyle always aim to and must have the time or they will get lot of stress from both way of life and work. So , if we ask do people have spare time, we will say absolutely of course. People is human not a robot. Then we consult again, what kind of activity have you got when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, typically the book you have read is usually The Six O'Clock Scramble: Quick, Healthy, and Delicious Dinner Recipes for Busy Families.

Elizabeth Villalobos:

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Tommy Worm:

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