



## Rave Reviews for *The Frantic Woman's Guide to Feeding Family and Friends*

The recipes are simple and straightforward, recipes that can be made using normal ingredients and don't need to be re-read three times before comprehension hits. There's still a healthy variety and plenty of suggestions for ways to dress meals up for company or dress meals down for picky eaters. The strength of *The Frantic Woman's Guide* is how it takes the "What's for dinner?" stress out of life. If you use Rulnick's ideas you'll be able to know exactly what's for dinner weeks in advance.

- Scribbit

I liked the little sidebars Rulnick sprinkled through the book. One talks about how to fit rice into a low-carb diet, one talks about how to keep vegetables moist, and a few talk about books to read with your family to go along with some of the dishes you're preparing. I thought that was a different and literary touch that I certainly appreciated.

-- Surrender, Dorothy

If it seems like you never have the right ingredients on hand for meals and you never know quite what to cook, then THE FRANTIC WOMAN'S GUIDE TO FEEDING FAMILY AND FRIENDS by Mary Jo Rulnick may soon be your favorite book. I love the wonderful menu plans filled with nutritional and delicious kid friendly recipes that can be "jazzed up" for the adults at the dinner table. One recipe that's already a favorite with the gang here - Homemade pizza bagels. They're easy to make and probably healthier than the pre-packaged ones they used to wolf down.

-- Cecil County's Parenting Magazine

But Frantic Woman Mary Jo Rulnick is here to help. Her new book, *The Frantic Woman's Guide to Feeding Family and Friends* makes dinner quick and easy—and still delicious, too. Rulnick also provides tons of tips and suggestions for spicing things up or toning things down to make things picky-eater-friendly.

-- Nights and Weekends

At 448 pages, Rulnick's guide isn't a quick read, but she does a great job at segmenting it for busy moms who need to be able to pick it up, read a chapter, put it down and come back a day (or a month!) later.

-- Work It

I'm for anything that saves time and money, especially one that promises that you only need to go to the grocery store every TWO WEEKS! Her recipes look delicious and she's got some great ideas on what to do with all that extra turkey and ham from big holiday dinners.

-- This Next.com

I am a busy mom. I work outside of the home, attend college full-time, and take care of my two busy kids that love to eat and always want more. When I get home in the evening, I need to be able to feed two hungry kids a healthy delicious meal, quick. There is no time to be wasted. And that is where Mary Jo's brilliance comes in. Not only did she give me healthy, delicious meals that are easy to make for my family, she guided me on simple techniques that cut my time down drastically in the kitchen.

- Simple Home Basics