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The Fresh 20: 20-Ingredient Meal Plans for Health and Happiness 5 Nights a Week

Melissa Lanz

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The Fresh 20, the popular budget-friendly meal-planning service founded by working mother Melissa Lanz, is now a cookbook, offering families an all-natural and easy approach to mealtimes.

Using just 20 organic, non-processed ingredients per week, home cooks can create 5 wholesome, delicious meals in just minutes. A busy home cook herself, Lanz understands the “What’s for dinner?” conundrum and has developed a program that gives parents healthy cooking options.

Inspiring and educational, *The Fresh 20* is filled with gorgeous color photos, shopping lists that take advantage of seasonal fruits and vegetables, prep tips, and, of course, easy and delicious recipes — including vegetarian, vegan, and gluten-free options.

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