

# Download Lighten Up Weeks Dinners Two

“Lighten Up!” is about taking a lighter approach to regular meals in an easy, practical way. Eating healthier doesn’t have to be difficult, expensive, time consuming, restrictive, or bland. Every week, Lighten Up! takes a lighthearted look at recipe renovations. Starring co-hosts Janette Barber and Christina Deyo from The Rosie O’Donnell Show, this fun approach to cooking will teach ... Whip up your favourite stir-fry without meat and add some firm tofu or a handful of roasted cashews instead. And of course you can make all kinds of vegetarian pasta dishes, risottos and pizzas. With World Vegetarian Day on Monday kicking off World Vegetarian Month, there’s no better time to start. lifestyle. food. voraciously. Meal Plan of Action. Dinner needs a game plan. Versatile menus and meal prep guides for the week ahead — every Thursday for 12 weeks.