

[PDF] Robin Takes 5: 500 Recipes, 5 Ingredients Or Less, 500 Calories Or Less, For 5 Nights/Week At 5:00 PM

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Description:

About the Author Robin has been a food writer and a nutritionist since 1990. She is the author of the best-selling cookbook *Quick Fix Meals*. Her popular show *Quick Fix Meals with Robin Miller* currently airs on the Food Network. Her primetime show *Robin to the Rescue* premiered on the Food Network in March 2007. Robin's recipes and nutrition features can be seen regularly in a variety of media outlets, including the *Today* show on NBC, *The Early Show* on CBS, *Good Morning America* on ABC, *Live! with Regis and Kelly*, Fox News Channel, Food Network, HGTV, *Guideposts*,

Cooking Light, Health, Fitness, Fit Pregnancy, Woman's World, and Parade. Robin has a master's degree in food and nutrition from New York University.

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