

# File Type PDF The Busy Womans Guide To Total Fitness Strengthen Your Body And Spirit In 20 Minutes A Day

## The Busy Womans Guide To Total Fitness Strengthen Your Body And Spirit In 20 Minutes A Day

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In a medium sauce pan whisk together all sauce ingredients. Bring to a boil over medium heat and boil for 3-4 minutes. While sauce is boiling, season chicken with salt and pepper on both sides, grease a skillet and cook chicken on both sides 1-2 minutes over medium heat, just enough to brown the very outside.

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probably doing a lot&#8213;taking care of your family, killing it at  
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