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Sign up for the BuzzFeed QuizZes Newsletter – Binge on the latest quizzes that have been delivered straight to your inbox with newsletter Quizzes! Go on your way down the memory lane to make you feel the nostalgia af Last updated December 18, 2020 Weekly nights are wild. There are hobby meetings, sports events, dates, late-night work calls, a children's bath, tv show premieres (of course), and there are also... Dinner? Trying to inflate yourself in making a recipe, eating dinner (let alone enjoying a meal) and cleaning the kitchen in an hour always seemed as if it was a kind of divine intervention. Let me introduce you to the power cooker, or the game changer. Electric pressure cooker makes it impossible. You can create a healthy and balanced meal within an hour from start to finish. Even decadent dishes such as braised short ribs or whole dishes, such as salmon with potatoes and broccoli, can be enjoyed from start to finish with breezes a week. Is there anything easier than throwing the whole meal in one pot and letting the pot work? I can't think of anything. It's like he's significantly upgraded the already kitchen clamp, the croc-pot. Here are some of my favorite recipes for a power cooker for dinner on the table under pressure:1. Ramen Soup For those nights when you only need a big hug, ramen is the perfect dish! High in anti-inflammatory ingredients such as fresh ginger, garlic and spinach this 20-minute soup is good for you in every way. This quick ramen is balanced with slender protein from chicken and soft boiling eggs, noodle starches and salty soup, making you crave more! If you want to make this recipe even more nutritionally, try doubling carrots and spinach for extra vitamin strength.~ Check out the recipe here!2. 4-minute salmon, broccoli and potatoesWhat's better than a perfectly balanced meal in just 4 minutes? I can't think of anything! This wonderful fatty fish is so well blended with great food of broccoli and potato starch that you won't believe it was made in such a short time! Salmon is an excellent source of Omega-3 fatty acids (a.g. fish oil) that helps our heart, skin, joints, GI tract, and much more!~ Check out the recipe here!3. Beef gyrosA warm pie wrapped around freshly made gyrosa, toppings, and even Tzatziki sauces, oh my! This recipe goes from fridge to plate to under the clock with only 15 minutes of preparation time! When creating Tzatziki sauces, be sure to grab plain Greek yogurt. This yogurt is naturally higher in protein, adding another nutritional benefit to this great dish! You can also opt for a whole wheat pie to add some extra fiber too!~ Check out the recipe here!4. Shrimp boilTa recipe is perfect for summer nights on the beach, a classic recipe for shrimp that you don't have to spend all day preparing! This recipe is a fun finger food to the maximum! This is Delicious, satisfying and delicious when served at the picnic table. To take this recipe to the next level, adjust the portions of the vegetables to the protein. By increasing corn and reducing the amount of Andouille sausages, you can reduce total sodium and calories while increasing fiber and vitamins!~ Check out the recipe here!5. Mexican quinoaOoen a pot meal with fiber, protein, and lots of flavor! It's a vegetarian and meaty dream! Quinoa is the perfect substitute for white rice in this classic recipe, while complimenting beans to create a protein-filled dish. Plus adding all those vegetables creates a meal that's bursting from taste. Top this Mexican quinoa with fresh avocado to round it perfectly.~ Check out the recipe here.6. Lo MeinThis Lo Mein will stomp every greasy, out the craving you have no usual guilt! It's not very often, you can replace a sinful bowl of taking it with something so delicious and easy to do at home! Do this to Lo Mein in less than 15 minutes from start to finish. This is faster than it takes for the delivery man to show up at the door! Check out the recipe here!7. Whole Rotisserie ChickenEveryone knows that the secret to serage cooking is to have whole chicken cooked for use in different ways throughout the week! This recipe makes the most perfectly moist rotisserie chicken that can be used, such as, for tacos, for soup, and for sandwiches all week! Tip: keep bones and leftovers to make amazing chicken stock to keep you on hand! Cooking stocks longer and at a lower temperature will create delicious bone vomiting rich in vitamins, minerals and protein.~ See the recipe here!8. Chicken and lentil soupThen is the most goat soup around! Rich in protein, fiber and B vitamins, this soup will fulfill all your cravings! Also, it can't be easier for a quick meal of the week, all you have to do is chop up and let your electric pressure cooker do the job! In just 30 minutes you'll have a warming soup that the whole family can enjoy!~ Check out the recipe here!9. Vegan Quinoa Burrito Bowls Is there anyone who doesn't enjoy a good burrito bowl? This veggie bowl is the perfect stew meal that is easily customizable! From vegans to meat lovers, everyone will enjoy this lightweight, fiber-rich bowl. Add all the toppings you ask to create a burrito bowl that is just as good as a restaurant!~ Check out the recipe here!10. Rice and beans The classic dish of rice and beans is clamped for many reasons. It is full of perfectly complimented protein, excellent texture and balanced spices. Now you can create this filling balanced meal in under the clock! No more bean-fuckings! This perfectly seasoned, filling balanced meal will all fight for another bowl! ~ Check out the recipe here!11. Summer quinoa saladAll fresh strawberries of the season have been for this quick salad! Take this nutritious salad to a party or serve it as you can, a summer dinner so everyone can ask for a recipe! Kinoa, fruits, vegetables and nuts create a dish that is perfectly balanced with all food groups. You can top this salad with cooked chicken breast or leave it-is to meet everyone needs it!~ Check out the recipe here!12. Minestrone SoupTo Minestrone Soup is fast and veggie full making it perfect for any night dinner! It is rich in vitamin C, antioxidants and vitamin A, which is the perfect dinner for the whole family! Tip: Use growl from whole grain to increase the fiber and B vitamins of this delicious dish!~ Check out the recipe here!13. Lemon garlic ChickenMake your protein and side dishes at the same time with delicious chicken that will be liked by the whole family! In less than an hour you can have a nice and balanced plate with vegetables and protein. This delicious lemon garlic chicken will give you protein and zealous to season any plate!~ Check out the recipe here!14. Chicken FajitasQuick, simple and very few dirty dishes are used to create these fajitas that will also rival your favorite Mexican restaurant! You can top them up with whatever you want, but be sure to include fresh avocados for a bump-up in vitamins and minerals. Tip: If you enjoy sour cream on your fajitas, opt

for plain Greek yogurt, which is higher in protein, lower in calories, and just as delicious!– Check out the recipe here!15. Coconut chicken CurryA big bowl of coconut chicken curry over rice is what dreams are made of! This bright, tasty dish is full of vegetables and left protein without dryness! What can usually take a few hours, create this colorful dish in just 30 minutes with your strong pressure cooker!– Check out the recipe here!16. Cashew ChickenTo is a take-out classic it can be on your plate in just 20-minutes, but you can pretend that you take the watches to create it when everyone asks for a recipe! You can double the green pepper bell to enhance the veggies without sacrificing what flavor. Serve this classic over brown rice for extra fibre and minerals.– See the recipe here!17. The meat stump is a cut-throat edible noodle from the sliced bread, but it never took just 20 minutes to make! This recipe includes a meat crucible and sides to create a stew dream. Excellent for service after long weeks, this dish is a comforting concoi post. And don't be blinded by a short cooking time, this meatsuing is the best of the two worlds- it's juicy and quick to do!– Check out the recipe here! Despite the obvious roots in the crockpot concept, the power pressure cooker meals are apt to be much healthier. Without the need for fatty sauces to create flavor and prevent dryness, the energy pressure cooker uses the heat generated by water to cook food. This leads to more taste without dryness and meal. Strong pressure pressure the answer is for anyone who strives for healthy, balanced meals with a crazy weekly schedule. He can really do anything. You won't be disappointed and you'll feel great after enjoying healthy, balanced meals while simply juggling all the activities you enjoy! Presented photo credit: Unsplash through unsplash.com From Boomers to Gen Z , experts break down America's generational timeline, offer insight into who's who, and see how parenting has evolved over the years. When we stand out from the decades when Millennials stepped into parenting (a.k.a. became known as parennials) and Gene Z so sound introduced the phenomenon Ok, Boomer to show his distaste for his grandparents, there seem to be more generational labels being thrown around than ever before. But who exactly is marked what now? If it wasn't confusing enough to stick to the steps, even the exact timeline of generations isn't so easy to decipher. While there is a consensus among social scientists about the general time periods for each generation, there is no clear line to determine when one generation ends and the other begins. In other words, a quick Google search can give you a dozen different date attachments. Nevertheless, knowing the dates and events that define each generation can help us all understand something more about themselves than parents, children, and also why grandparents will always scratch their heads at children these days, no matter what year it is. That's why we've come up with experts to get an exact timeline of generations. Here's a breakdown of what's what and who's who. RELATED: How does the trend of parental development snowplow affect children Generation is a group of people born at about the same time, usually at a 20-year time interval, says Deborah Carr, professor and chair woman of boston university's sociology department and author of Golden Years? Social inequalities in later life. But generations take on special significance because their members experience critical life events and transitions in special historical moments, and these moments define their lives. Many experts, including Carr, agree that the most reliable and well-known generational timeline was recognised by authors Neil Howe and William Strauss. But the latest generational designations come from the Pew Research Center - a nonpartisan thin fact that informs the public about issues, attitudes and world-shaping trends. Here's a look at the timeline of American generations since the 1900s and how the main events of each generation shaped children and parents. Who is The GI Gene? This generation survived the Great Depression and then fought in WWII. Above all, jazz and swing music have been popularized, but don't be dazzled by the wild provocations of the music of the times. Who are gi parents? For parents of the GI generation who lived through the Great Depression, put a premium on functions such as hard work and grit. Who are the Silent? They famously got their name because they were so conformist that they kept quiet throughout the MacCarthy era, when fear of communism encroa teded across the country. Who are the silent parents? The way parenting of the day was similar to that of parents; children are expected to earn their way through life using a strong work ethic. Who are the Boomers? Gen Z may think of Baby Boomers as their un touching grandparents (Ok, Boomer.), but they had wild youth, we often don't talk about it. The Boomers are so named after their parents returned from WWII and the American population exploded. Baby Boomers defied their parents, protested the Vietnam War and created The Summer of Love. Who is Gen Xers? As often dismissed as the slacker generation, Generation X has survived the AIDS epidemic, MTV culture and a changing cultural landscape that would result in LGBTQ+ rights. Who are Gen X parents? Generation X parents were famously the first to use helicopter parenting styles. Unlike Boomer's parents, who famously let their children stay outside until the street lights came, Generation X's parents tended to be much more involved in the social and educational development of their children. Who are the Millennials? Millennials have survived 9/11 and the global fight against terrorism continues to this day. They are also the first generation to know childhood with the Internet, which currently plays an important role in their personal lives. While Boomers will be able to accuse Millennials of being self-centered and justified by their overuse of technology, this generation has proven to be truly incredibly community-oriented and environmentally conscious, making moves to pick up their children in the next generation. RELATED: What is free-range parenting and why is it controversial? Who are the millennial parents (or parenniale)? Millennial parents do a lot of things well and probably better than previous generations. They're open-minded. Children are raised in different family forms, carr says. More than longer than previous generations, they allow their children to express themselves freely for who they are and lead a movement to help children who are not gender-compliant to be satisfied with who they are. Some millennial parents, who were helicopter-rich at a young age, adopt a freer approach to parenting, allowing their children to explore and create without a permanent structure or control. Who's Gen Z? Although still young and not old enough to make their mark as a generation, the children of Generation Z are the first to be born in a world where they know nothing else except that they are constantly connected to each other, albeit via phones, screens and tablets. RELATED: What My Gene With Kids taught me about social media in 2019, Adage identified Alpha as children born after 2010, which means that this year they are starting to turn into tweens. They are the first generation of children who will never know a time when social media did not exist, and they are far more technically imagining than any generation before, which is a powerful tool that can change humanity in countless positive ways. It may be too bad for alphas to score one way or another, given how little we know about them so far. The oldest Alpha is only 10 years old and it is only their teenage years and early adulthood, like the generations that have come before, that they will shape our cultural perception of who they are. Meanwhile, as parents we get pride and honor to help them make the most of their choices. Possible.

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