



Meals For Me Cookbook: Cook for Yourself: 37 Quick, Healthy, and Delicious Recipes

Lisa Byrne

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Are you single, work alone, eat alone or just like to have something simple prepared for your lunch or dinner meal?

Do you think cooking for yourself is boring or perhaps you just don't like it?

Would you enjoy some time tested, delicious, simple meals to prepare so that you can take that worry off your plate?

Then this is a good book for you.

Inside there are 37 dishes that are rather simple to prepare for either one or two people.

It's an assortment of vegetarian, meat, and fish dishes. There are salads, wraps, packet cooking, bean dishes, pizza, pasta, and patties. I've included my best tidbit to share with you at the end that may help shift the recipe to spice it up, tone it down or just let it rock on its own!

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