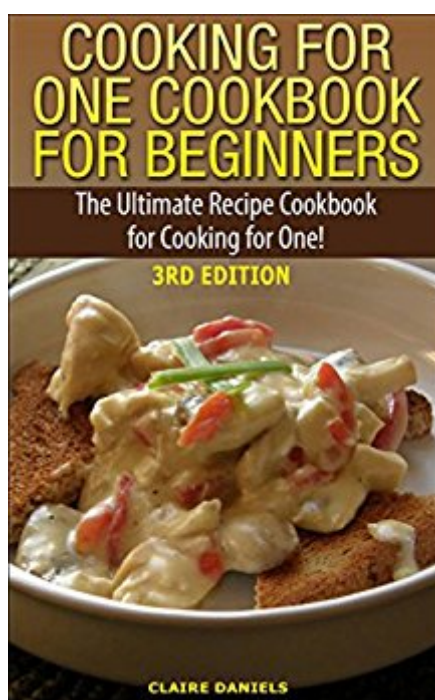


The book was found

Cooking For One Cookbook For Beginners: The Ultimate Recipe Cookbook For Cooking For One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, Healthy Snacks, Deserts)



Synopsis

Cooking for One Cookbook for Beginners 3rd Edition: The Ultimate Recipe Cookbook for Cooking for One! COOKING FOR ONE? NEED A RECIPE JUST FOR YOURSELF? IN A HURRY AND WANT SOMETHING GOOD TO EAT? ALL THE ANSWERS WITH ONE CLICK! You got this book for a reason: you are tired of microwave TV dinners, canned food and unhealthy takeouts. You want to enjoy fast, delicious, cheap and healthy meals that will make eating alone a worthwhile experience. Well, good news, for this book will guide you through the journey of healthier eating! From now on, your kitchen will be your best friend. If there is something about your kitchen that you don't like (such as the paint on the walls) then go ahead and change it. You will be spending a bit more time in this part of your home so why not make it a fun experience every time. One big advantage of cooking for one is that dish washing won't be such a chore. All you will ever need is one pair of cutlery, one bowl, one plate, one cup and one glass. And just because you're cooking for one does not make it a rush all of the time. Dedicate a table and a chair to be your dining area, spread an attractive tablecloth over it and place a vase with some fresh cut flowers in it. Create a playlist to serve as your background music while you are eating to set the right ambiance. Hang a lantern over a light bulb to set the mood for eating at home. The dining experience aside, you will want to have the sharpest equipment at hand in your kitchen in order to prepare your meals.

Topics Covered...

Important "Cooking for One" Tips

Fast and Easy Breakfast Recipes

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Classic and Delectable Dinner Recipes

Scrumptious and Healthy Snack and Dessert Recipes

Much, much more!

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Customer Reviews

A friend of mine recommend me this book and it has really change my point of view about it. I found this book pretty helpful and it does have a really good point, why would spend big amounts of money eating in a worldwide known brand like Mcdonalds or KFC where the food it is not as healthy and cheaper as the food that you could prepare yourself at home. This book has a bunch of good recipes for different types of meals like breakfast, lunch, brunch and dinner that could prepare at home. Also a lot of tips to make it easier and budget-friendly which is what one is looking for nowadays.

I highly recommend this book to young adults. The author makes a good argument for cooking even if you're by yourself. She cites cooking for one as budget-friendly, nutritious, convenient and a sign of independence. With a little bit of planning and shopping, anyone can set themselves up to make healthy meals. She also includes a huge collection of recipes for all sorts of meals and snacks. I have two young adult children and my daughter cooks but my son doesn't. I believe a book like this would be a great help to someone like him.

The cooking practices were different and unique, this book did give me more options and I have expanded my cooking techniques. Now I live on my own and could not cook at all I was ordering takeaways mostly, but after buying this cookery book things have changed I can get to cook my own grub now not perfect, but a hell of a lot better easy to understand well worth it cheers This book has kept me fed through two degrees and a gap year! The recipes are all simple, well laid out and easy

to follow. Although titled a cook book for one, the recipes are excellent and easy to follow and make a great dish.

I'm loving this amazing cookbook. Every recipe I've made so far has turned out beautifully. I feel like I'm spoiling myself eating such wonderful food, but it's all very healthy and nutritious. The flavor combinations are interesting yet well-balanced. I feel like this cookbook has really helped me become a better cook. I bought it hoping to find some great recipes for one, without having to eat leftovers for a week, or get out a calculator and try to figure out how to decrease a recipe so that it only makes one or two servings. It's a little ironic that I am still doing the math, only now I'm doubling recipes so that I can serve these fabulous meals to family and friends.

Excellent, this book is oriented to beginners, so it is full of tips on what you need to start, I found a couple suggestions of items I was missing in my kitchen. The book also has the benefits of cooking your own food, which is really healthier and more economic than buying fast food or something else, so I think I'm gonna gift a copy to my son. It's perfect to keep, since it has a very large list of delicious recipes, for any occasion, a quick dinner, a healthy breakfast or a complete meal, it is all well explained and organized so you can plan your menu for the week. The book is oriented for cooking alone, but the recipes are really delicious so you can share them when you get used to cook more often.

Although I am not a beginning cook, I found this book to be most useful. I am a widow and use a wheelchair, so I have had to make serious adaptations to my kitchen. This book gave me many meal ideas, that are set up for single servings, using much smaller utensils. I HIGHLY recommend this book for a new cook or a newly alone cook!!

This book is perfect when you move from your parents' house and you don't know how to cook, it teaches you very simple dishes, lunches and desserts but with very tasty flavors, not only that it shows you the exact amount of ingredients for each food you are going to cook because when we start to cook we use to make mistakes and disasters with a lot of amount of food, so this is the guide you want to follow up to defend yourself in the kitchen and who knows if this is the beginning for you to become a chef.

I liked this book because it taught me to prepare my food, with easy recipes and practices, you have

many options and is ideal for those who have no experience cooking. Although I not give it five stars because it has no pictures and I think it would be better. But absolutely I recommend it, because it has a lot of variety for different meals.

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