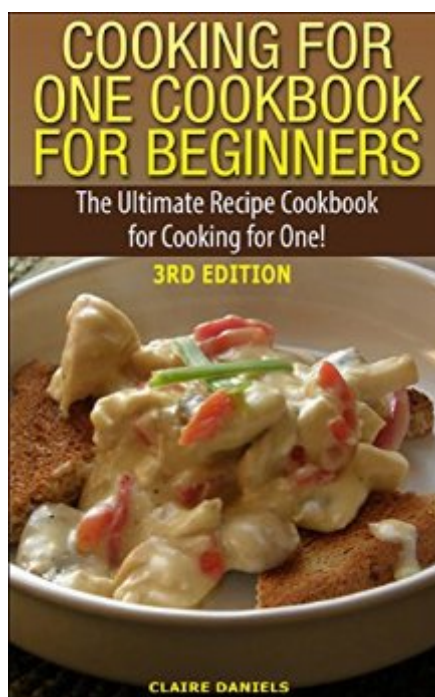


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# Cooking For One Cookbook For Beginners: The Ultimate Recipe Cookbook For Cooking For One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, Healthy Snacks, Deserts)



## 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 Lunchbox-Ready Lunch Recipes Classic and Delectable Dinner Recipes Scrumptious and Healthy Snack and Dessert Recipes Much, much more! Download your copy today! Tags: Cooking, Cookbook, Cooking for one, Canning, Preserving, Meals, Quick Meals, quick cooking, deserts, breakfast, quick snacks, breakfast snacks, healthy cooking, healthy meals, cooking recipes, recipes, recipes for one, fast, easy cooking, healthy living, weight loss, quick & Easy, cookery for one

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## **Customer Reviews**

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!!

A friend of mine recommended me this book and it has really changed my point of view about it. I found this book pretty helpful and it does have a really good point, why would you spend big amounts of money eating in a worldwide known brand like McDonalds or KFC where the food 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 be prepared at home. Also a lot of tips to make it easier and budget-friendly which is what one is looking for nowadays.

I'm not exactly a good cook so I was looking around for a simple cookbook to follow and maybe learn some tips and this book does exactly that. When I cook I usually end up cooking too much for myself and I end up having too much leftovers. This book has helped me greatly with managing how much I cook and the food I cook tastes better too with the ingredients they suggested.

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.

All my entire life I have been a bad cook, I really felt motivate to cook because almost all the women love a man who can cook. For that reason I bought this book, I already read it. And, I certainly think that this book is appropriate to somebody who would like to star cooking (a beginner). This cookbook was simply amazing, thanks to the great instructions, all of the recipes were easy to make and tasted so great it's unbelievable. This means I can now refer to this book every night so I can always make something delicious for my girl. I would recommend this book for anyone who wants to do the same.

This is a nice recipe book to skim through and some of the recipes look good but the compilers apparently p never heard of page breaks. Except for chapter separations, the recipes just flow into one another. Because recipes aren't on pages, there's no index which means there's no easy way to find the recipe that sounded good.

The first few chapters contain some general instructions regarding cooking while the remaining chapters contain only recipes (essentially). Some of the writing in the book is awkward. The main problem though is that the book is terribly organized. For example, there are two chapters both labelled "Quick 15-minute Recipes for One", and these don't even appear next to one another. Then there is another chapter titled "Lamb Recipes" which starts out with lamb recipes, but also contains pork, vegetarian, and other recipes. Then there is the issue of how the recipes are listed one immediately after another with little to distinguish between them (the title is bold and slightly larger). There are numerous times where a title for a recipe appears on one page, but then you have to flip the page to see any of the recipe. However even this is inconsistent. In at least one case, almost an entire page is left blank for no apparent reason. Other than the first few chapters of introduction, there is little which make this book "for beginners" that I can see. All of the recipes seem standard. There is a disconnect between the introduction and the recipes. Also, many of the recipes are for 1-2 people. However often there are 10+ different ingredients. Since in many cases you can't buy a small enough quantity of something (for example, an egg or 1/4 cucumber, etc.) for one recipe, you will likely end up with a lot of extra ingredients. This means that you may need to fix the same recipe several times, or face the challenge of trying to use them in some other way before they go bad.

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.

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