



The Best Prepared Mason Jar Meals + Cooking for One Cookbook for Beginners: Cooking Books Box Set, Book 3

Claire Daniels

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You got this audiobook 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 audiobook 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.

Great 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!

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