



Live To Eat: Meals Everyone Can Make

Adam Pittaway-Hay

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I often hear from colleagues friends and family “I just don’t have time”. My response to them is that making good, fresh meals or snacks takes no time at all and is very easy. In this book you will not find any particular style of cuisine or even a certain cooking style. I believe in entrees, main meals and desserts that can be prepared in 30 to 60 minutes and still allow you the time to do what you need to after a long day at the office; and that is exactly what you will find in this book, with most recipes taking no more than 30 minutes to create. Like most people, I have a full time job and I am also a home taught cook. Over the years I have discovered what I like to call ‘hero’ ingredients (Verjuice, Manuka Honey, Chili, Olive Oil & Dark Chocolate). These ingredients can be used to make meals that are nutritious but most importantly, do not cost the earth. It is my philosophy that recipes should be easy to follow. For this reason I have done away with complex methods, diagrams and cooking times and replaced these with easy to follow steps and one clear ingredients list. Each recipe in this book is designed to serve two people but the ingredients can be scaled to serve as many as you like. By using the ‘hero’ ingredients that I have discussed in this book and using my time saving steps, it is possible for anyone to follow these recipes. I hope you enjoy tasting my delicious and healthy recipes.

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William Todaro:

In this 21st century, people become competitive in most way. By being competitive currently, people have do something to make them survives, being in the middle of the particular crowded place and notice by means of surrounding. One thing that oftentimes many people have underestimated that for a while is reading. That's why, by reading a guide your ability to survive improve then having chance to remain than other is high. For you personally who want to start reading a book, we give you this specific Live To Eat: Meals Everyone Can Make book as beginning and daily reading publication. Why, because this book is usually more than just a book.

Carla Arbogast:

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Cynthia Briscoe:

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