



# **Cooking for One Cookbook: The Best Recipes Collection for Healthy and Inexpensive One Dish Meals**

*Jacob Tremblay*

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## **Cooking for One Cookbook: The Best Recipes Collection for Healthy and Inexpensive One Dish Meals**

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Living alone does not mean that you have to deprive yourself of healthy, delicious and nutritious homemade food. You are the only one who can take care of your body and mind, and your diet is a perfect way to start with. This book will help you achieve this by showing you how to cook easy, fast and inexpensive meals for one. Make your every meal an ideal experience that will save you time, money and energy by cooking the listed delightful recipes for one. You need not be an expert to cook these simple meals, just follow the recipes and you will be amazed by the results.

### **In this book you will find out about:**

- The eight major benefits of cooking for yourself
- The seven tips and tricks for cooking for one
- How to make 12 nutritious, fast and easy breakfast meals
- How to cook 12 one-portion lunch meals for a perfect day
- How to prepare 14 delicious dinner dishes for one
- How to warm yourself up with 10 healthy, comforting and easy-to-make soups
- How to cook 12 mouth-watering slow-cooking recipes
- How to make 12 single-serving low-calorie desserts

Protect your health, lose weight and save money and time with the fast and extremely flavorful dishes given in this book. Eat well without gaining weight! Make your solitary life more colorful and delightful by cooking these 72 recipes for single-serving meals! Cooking for one can be fun!

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