

THE 15-MINUTE *Single* GOURMET

100 Deliciously
Simple Recipes
for One

Paulette Mitchell



15 Minute Single Gourmet One Hundred Deliciously Simple Recipes For One

AW Chickering



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Surviving & Thriving Solo Frances Frommer, 2009-09-16 *Surviving Thriving Solo* is a light hearted look at living alone It is intended for men and women of all ages who live on their own whether single separated divorced or widowed and those who help them to survive and thrive such as friends relatives and acquaintances The book offers a wealth of suggestions for coping with the challenges like loneliness and chores plus tips for enjoying the opportunities to pursue creative hobbies and build rewarding relationships Also included is an annotated reading list for further exploration of issues related to living alone The author shares many personal anecdotes The text is easy and fun to read The style is friendly and the tone is optimistic There are checklists of choices both realistic and whimsical accompanied by humorous illustrations *Surviving Thriving Solo* is guaranteed to inform inspire and entertain you Oscar Wilde expresses the essence of living alone successfully with his line To love oneself is the beginning of a life long romance The book celebrates this romance as the author emphasizes accepting and caring for yourself and everything in your life You will feel empowered as you discover that you always have options to create a rich and satisfying life in all situations

Master the Grill the Lazy Way Pamela Rice Hahn, Keith Giddeon, 1999 Along with time saving shortcuts and over 100 delicious recipes this cookbook lists and describes the most low maintenance grills on the market as well as the tools and accessories needed

Books in Print Supplement, 2002 **Disco Divas** Sherrie A. Inness, 2003-01-13 The 1970s tend to be allocated a slender role in American cultural and social history The essays in *Disco Divas* reveal that the 1970s far from being an era of cultural stasis were a time of great social change particularly for women

The 15-Minute Single Gourmet Paulette Mitchell, 1996-04 If you're cooking for one and tired of the takeout habit *The 15 Minute Single Gourmet* is the book for you Each of the 100 healthful recipes is created for a single serving and is easy enough to prepare in 15 minutes or less Also Paulette Mitchell shows you that solo cooking doesn't have to mean monotony There are chapters on pasta fish chicken soups salads and appetizers and all of the ingredients are readily available Whether you're single or part of a family with conflicting schedules *The 15 Minute Single Gourmet* proves it is possible to dine well alone Book jacket

Subject Guide to Books in Print, 1993 *Gourmet Gifts* Dinah Corley, 2011-11 100 Delicious Recipes for Every Occasion to Make Yourself and Wrap with Style in full color

Destitute Gourmet Sophie Gray, 2002 A cookbook for those who want to spend less on groceries and still enjoy tasty fashionable and healthy food Sophie Gray encourages home cooks to innovate and improvise What do you really need in your pantry How can you create gourmet meals to impress your family and friends **The Keto For One Cookbook** Dana Carpender, 2019-05-07 With *Keto For One* get 100 delicious dishes for every meal of the day perfectly proportioned and macro balanced Single serve cooking is one of the biggest challenges when trying to adhere to an eating plan Most recipes are portioned for 4-6 servings which means you'll be eating the same thing for a week or trying to adjust recipes and struggling to figure out proper cooking times and fractions of measurements With keto you also have the additional challenge

of balancing your macronutrients a few too many carbs or not enough fat and your recipe is no longer in the ketogenic zone No more fussing with recipes No more eating leftovers No more wasted food or money No more cobbling together snacks and calling it a meal No more temptation to give into carb laden nutrient void single serving convenience foods Just delicious recipes from low carb queen and best selling author Dana Carpender Enjoy delicious keto burgers and smoothies as well as quick skillet stir fries and plenty of tasty meals that can be pulled together quickly or ahead of time

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