

Hello! Cooking for One Land: 365 Days of Easy Recipes for One Person! (One Pot Dinners, One Pan Recipe Book, Simple One Pot Recipes, One Pot Pasta Cookbook) (Paperback)

By MS Everyday

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Cooking for one? Why not! Read this book for FREE on the Kindle Unlimited NOW DOWNLOAD FREE eBook (PDF) included ILLUSTRATIONS of 365 recipes right after conclusion ! As you know, currently, there are numerous unhealthy, or processed food making our health become poor seriously with millions of alarming diseases such as inflammation, headaches, insomnia, back pain, high blood pressure, arthritis, diabetes, skin problems, high cholesterol, cancer, etc. So, cooking for yourself plays a key role in getting rid of the diseases and living longer. The dishes you cook will provides energy with full of healthy nutrition such as fat, carb, protein, fiber for your body all day. It also helps you to have a very nice body and a flexible mind. So, why don t you stop going to the restaurants and start cooking for yourself with the recipes from Hello! Cooking For One Land Volume 1: 365 Days Of Easy Recipes For One Person! of the big series Everyday Cooking Land. Get Started with 5 AWESOME Gift Chapter 1: One Pot Meals Chapter 2: Cook Once Eat Twice Chapter 3:...



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