



Comfort Food: Simple and Quick Meals

By Jon Wollin

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Imagine your a college student, or busy working professional who is hardly able to spend no more than a few hours to cook, yet is willing to let something cook while away so you can come back an enjoy a nice hot meal. These ideas in this book were dedicated with these individuals in these extreme situations. I personally have tested these excellent recipes and know that they are both yummy and appealing to all. My objective was to help you avoid going out to places like McDonalds, Burger King, Jack In The Box or Hardees because you felt it was more convenient, when in reality this is very true, but have you felt compelled to realize what dangers might be in that food. Well I have so I put forth these so you can avoid fast food, while being both healthy and filling.



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