



Eating for One (Quick and Easy)

Catherine Atkinson

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More and more of us are living alone. We create a hectic life for ourselves and we don't eat as we ought to eat most of the time! Sound like you? I will show you how to plan forward to enjoy delicious, simple meals from fresh ingredients every day. You won't spend more than 20 minutes - often only 10 - in preparation and cooking. And they are the most important minutes in your day, because they produce much better health.

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