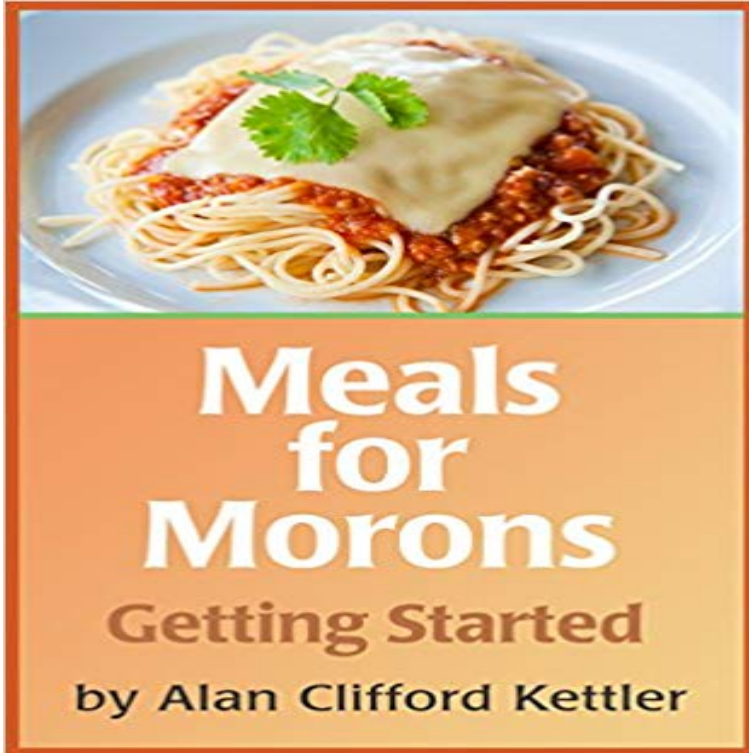


## Meals for Morons - Getting Started: Learn to Be a Cook (Meals for Morons - Recipe Books for Beginners)



Do you feel like a bumbling fool in the kitchen, a moron without a clue to making a good meal for yourself? Do not feel alone, because there are tens of millions of other people who do not know how to properly feed themselves. I used to be one, and now I am writing cookbooks! By the way, if you are reading this, you are not a moron. I just like the sound of the word and the sound of the title, and it also has meaning you are simply ignorant in the ways of cooking, just as I know nothing about working on cars. As I write these books I will try to be very clear and I will also keep most of my recipes fairly simple as far as ingredients and cooking. By far the biggest group in this category is young people who have just moved out of their childhood home for the first time, or college kids who have just moved out of the dorm for the first time and are living in their own apartment. No more of moms cooking at home, and no more easy cafeteria food in the dorm. Yikes! Now what? Buy and read my helpful books to learn how to cook good food with ease. Another big group of people with little or no cooking skills are getting laid off from well-paid jobs, and made enough money to eat out for lunch and dinner every day. There are many people who live that way. After they get laid off, they will be forced by economic necessity to start cooking, even if they have no cooking skills. The last sizable group of people who are suddenly faced with having to cook for the first time in their life is people who have lost a long time live-in partner who did ALL the cooking for years. There are many couples like that. A person can become single due to death, separation, illness, or divorce, and it happens every minute. I eat every one of my recipes so I know what they taste like. These books are packed with meals that are delicious, nutritious, and satisfying. You will not find any junk food in my books not even white sugar or

white salt. I prefer to buy organic foods because they do not pollute me, the air, or water, so all my recipes use organic food. If you cannot find organic food where you live or you are not interested in organic food and their higher prices, just buy whatever you can find at the supermarket. My books will solve your inability to cook if you suffer from that problem. I will show you how to: Prevent accidents in the kitchen Select and purchase the equipment and tools for your kitchen Select and purchase the dishes and utensils for your kitchen Shop for food Stock your food supply Understand the most important nutritional contents of basic common foods you need to stay healthy Store your food Dispose of your food Keep your kitchen clean and sanitary Wash dishes And cook! This introductory book about putting together a functional kitchen will be followed by recipe books that will help you begin to cook for possibly the first time in your life.

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