



A Single Man's Guide to Easy Meals

George Simon

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This recipe book was developed and designed by a man for men. Let me explain, I was working away from home, 1100 miles away and had to cook for myself. I realized that I didn't want to spend hours in the kitchen cooking and having to wash all the cooking pots and utensils that went along with making a meal. The problem was that I had no recipes that were for single people and absolutely none for single men. I asked my wife to send me all the recipes she had or could find that accomplished two goals. 1. I wanted recipes that I would like and that could be made in a single container. 2. The recipe could not take over one hour to make. My wife sent me all the recipes she could find or that our relatives had. I also asked friends at work for recipes. After I received them I realized that I was not alone and that there were thousands of single men who were also in the same boat as I, hence the idea to make a recipe book for men. This book is unique in that it was made for men by a man. You will see that the recipe is on the left side and that a complete shopping list for the recipe is on the right. Men, I thought, would need help buying the items to make the recipes. You will also see that there are recipes covering Chicken, Beef, Pork and Ham, Soups, Salads and my favorite section, Things That Go With Beer! You choose the beer. Enjoy!

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