



## Good Food: Meals for One: Triple-tested recipes

*Cassie Best*

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# Good Food: Meals for One: Triple-tested recipes

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Fed up with wasting food? Tired of trying to work out ingredient quantities for one serving or just looking for easy recipes for batch cooking? *Good Food: Meals for One* is packed full of tasty treats that make sure you will never waste a delicious morsel. With simple yet delicious recipes and full-color photos for each recipe, *Meals for One* is the perfect companion for a stress-free yet mouthwatering meal. With dishes for every occasion, whether lunches for packed lunches, dinners that won't break the bank, or simply a luxury meal to wind down the day, and triple-tested by the experts at Good Food, *Meals for One* is your one-stop collection of recipes for one.

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