



# **A Man, a Pan, a Plan: 100 Delicious & Nutritious One-Pan Recipes You Can Make Right Now!**

*Paul Kita*

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## **100 Simple Recipes. One Pan. Game On.**

Do you think that cooking is too hard or not worth the trouble? Do you see the supermarket as a place to pick up frozen meals instead of fresh, healthy ingredients? Have you given up control of your diet to whatever fast food fare is located within your delivery radius?

If so, you're missing out on the comfort, satisfaction, pride, wonder, and glory of cooking for yourself and the people you love--not to mention reaping the holistic benefit of eating home-cooked food as compared to, say, a microwaved TV dinner or grease-laden pizza.

Enter *Men's Health's A Man, A Pan, A Plan*, a book full of practical advice and 100 straightforward recipes that involve tools you already own, ingredients you can easily source, and flavors that will blow your mind while shrinking your gut. From hearty breakfasts like Lemon-Blueberry-Banana Pancakes and party-starting sides like Buffalo Chicken Meatballs to twists on traditional mains like Four-Chile Pork Chops with Grilled Pineapple and unforgettable desserts like Blueberry Cobbler, this book will help you cut stress, prevent mess, and reduce your chances of culinary distress.

## **A Man, a Pan, a Plan: 100 Delicious & Nutritious One-Pan Recipes You Can Make Right Now! Details**

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# **From Reader Review A Man, a Pan, a Plan: 100 Delicious & Nutritious One-Pan Recipes You Can Make Right Now! for online ebook**

**Ann Green says**

Tired of watching your college age children get take out every night? Here is a terrific present for the holidays! "A Man, a Pan, a Plan: 100 Delicious & Nutritious One-Pan Recipes You Can Make Right Now!" is full of useful advice and easy recipes that use pots and pans you already own and regular ingredients you can shop for at your local grocery store to create flavorful dishes that people will want to eat. Learn to make special blueberry pancakes for breakfast and fun appetizers like buffalo chicken meatballs. There are a wide range of tasty recipes for dinner and for dessert, too. Your wallet and waistline will thank you. The Men's Health series "A Man, a Plan and a Plan" proves that cooking at home is worth it. Thanks for the win and the opportunity to say goodbye to microwave meals and take out pizza.

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**Laura Bedrossian says**

Funny and informative, this book is great. I have started to make a few of the recipes and they're delicious. My favorite section might be "Kitchen Tools that are not pans." I needed that clarification.

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**Chef says**

Incredible recipes! Smart tips! Amazing premise! Eloquent prose! Delicious meals! Wowza!

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**Valerie Bradley says**

won this for my son, its a great book with some good recipes

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