



Frying Solo: Quick, Healthy Recipes For One

Laurie J Leiker

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Who says ... Being single means being deprived? Who says you have to exist on fast food, frozen food and junk food? Who says it's a boo-hoo, I-don't-have-a-mate-so-I'll-eat-junk world? You CAN cook for one and have fun while you're doing it!

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