



30 Quick Easy Meals: Recipes for busy people on the go

Rachel Vdolek

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Quick Easy Meals is the go-to cookbook for anyone who is busy but wants to eat delicious, healthy food at home. So many people in today's world live by themselves or with another person, be it a roommate or a significant other, yet recipes are still made for a family of 4. This cookbook changes that with nearly every recipe portioned for 2 people, and filled with great ways to use leftovers. Reasons you will love 30 Quick Easy Meals: -30 min or less prep time -Uses common ingredients so you won't have to search at the store -Filled with easy comfort food recipes that won't break the bank -Many recipes have vegan/vegetarian options -Lots of cooking tips to save time and money! Written by someone who has needed easy and quick recipes plenty of times, this book is a great cookbook for any college student, grad student or anyone who is busy and needs to make dinner fast.



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