



How to Boil Water

Dr. C. Wade Coldiron

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There are many thousands of young adults leaving high school every year. Many of them have no skills or knowledge regarding cooking or what to do in the kitchen. Instead of them having to live off of boxed food or canned goods, this book was created to bridge the gap and enable anyone that does not know where or how to begin in preparing their own meals in their own kitchen, to actually become proficient at doing so! You now hold in your hands what could very well be the worlds smallest cookbook. Within these pages you will find all the basics needed to make you more effective in the kitchen: Simple recipes that anyone can follow with ingredients that are most likely already in your kitchen, and if not, they can be found in any grocery store! How many times have you found a recipe but couldn't obtain ingredients for it? A lot of people do not like to prepare their own meals from scratch due to the same excuses: It is too expensive, or too difficult. One of the missions of this book is to disspell those ideas by demonstrating fast, cost effective ways to feed you and your family that do not require a lot of time to prepare. Within these pages you will find dozens of recipes that you will likely not find anywhere else, and expert advice to help you along the way. There is no better time to start eating healthier and living better than right now!

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