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# Recipes for Men - Manly Meals: The Correct Way to a Man's Stomach (Cooking Food and Wine Book 3) (English Edition)



*Par Nancy L Benton*

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**Par Nancy L Benton : Recipes for Men - Manly Meals: The Correct Way to a Man's Stomach (Cooking Food and Wine Book 3) (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Recipes for Men - Manly Meals: The Correct Way to a Man's Stomach (Cooking Food and Wine Book 3) (English Edition):

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## Description :

Prsentation de l'diteurRecipes for Men - Manly Meals - The Correct Way to a Man's Stomach is about recipes men love including recipes for single men. I have been cooking for the men in my family for over 50-years and none of them look feeble and weak (lol). And because you love the men in your life (and hate them) I will show you healthy meal ideas including healthy lunch recipes to send them off to work with too.

Remember, the first source of fuel that the body uses and burns is FAT so I have included my best fat burning recipes for men too. And because men like to snack, I didnt forget my healthy snack recipes for men

either. Manly Meals are meals that men crave. Why? Physiologically speaking, men have less body fat than women and hence less energy reserve. Since the number one fuels source for the body is fat (no not carbs) men crave meals that are high in fat and protein. Manly Meals is designed to offer you over 40-meals that men actually love and you will keep a smile on your mans face that a plastic surgeon cannot get off by serving up some tasty Manly Meals. Nancy L Benton has been feeding men for over 50-years and not one of them has ever left unsatisfied. Learn how to control your mans appetite and waistline and by doing it where he is happy and content. All of the Manly Meals offer the best nutrition and Nancy shows you how to cook within any budget.

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