



A Man, A Can, A Plan, A Second Helping: 50 Fast Meals to Satisfy Your Healthy Appetite

By David Joachim, Men's Health Editors

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A Man, A Can, A Plan, A Second Helping: 50 Fast Meals to Satisfy Your Healthy Appetite By David Joachim, Men's Health Editors

A Man, A Can, A Plan, A Second Helping - by David Joachim and the Editors of Men's Health - returns with more easy recipes for great, guy-friendly food.

When award-winning cookbook author/editor David Joachim introduced the A Man, a Can series in 2002 with A Man, a Can, a Plan, readers and reviewers alike were quick to embrace the winning premise: quick, tasty, healthful meals based on canned and other convenience foods. "This cookbook makes meals guys would love," raved the Philadelphia Daily News. "A foolproof, not to mention spill-proof, guide to manly success in the kitchen," exclaimed the Sunday Star-Ledger.

Now David Joachim is back with 50 new tempting recipes for hungry guys everywhere?hearty, healthy fare such as Chili Empanadas, Noodlicious Ramen Salad, Cheez-It Crusted Chicken, Pesto Salmon Pitas, and more. With step-by-step instructions and full-color photographs, even the most culinarily challenged dudes can whip up dishes that will have diners eager for more.

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Editorial Review

About the Author

DAVID JOACHIM has edited, written, or contributed to 30 books on food, cooking, and related matters. He received the 2006 IACP Award for The Food Substitutions Bible.

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