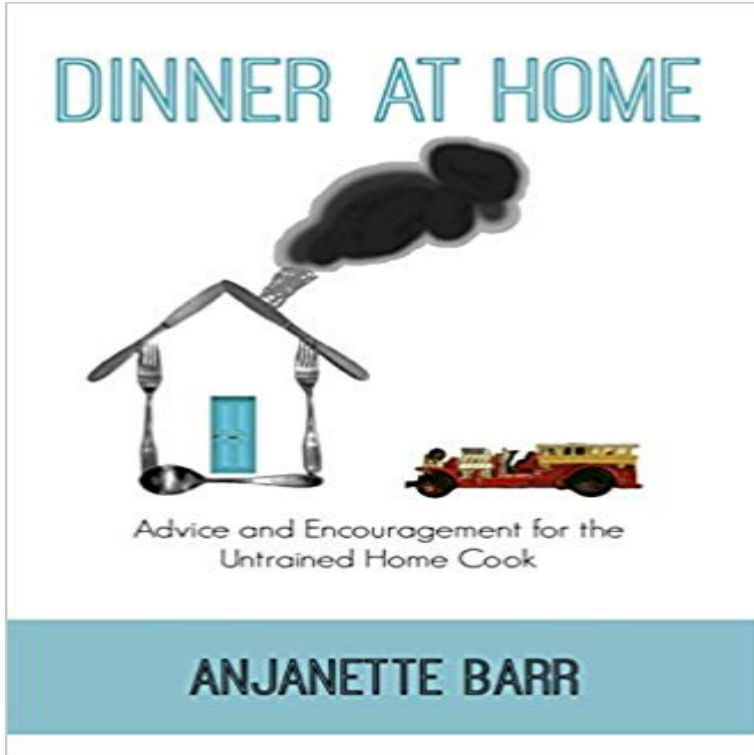


Dinner at Home: Advice and Encouragement for the Untrained Home Cook



If I can cook you can cook. I've been feeding my family relatively healthy meals made at home and mostly from scratch for almost a decade, but the learning curve was steep! If you're overwhelmed by feelings of inadequacy in the kitchen, I want to hold your hand while you take the next step toward better providing for your family. Dinner at Home: Advice and Encouragement for the Untrained Home Cook is both an encouraging resource and the hilarious account of all of the mistakes I've made and adventures I've had while learning to cook. Inside, you'll find advice and instruction on these topics and more: Reading recipes Menu planning Stocking your kitchen Overcoming cooking anxiety Extending hospitality to others Saving money on food Serving simple but healthy meals No matter where you are on your journey, Dinner at Home will offer you practical helps and moral support to accompany you as you try new foods and methods of food preparation. In an effort to reach families in crisis with this message of hope, I'll be donating one print copy of my book to family support organizations for every ten copies sold. Your purchase helps me to help them move at-risk families toward stable self-sufficiency.

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