



# **Eat In Not Out: The Learn-How-to-Cook Book, Without the Recipes**

*Melinda Hinson Neely*

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# Eat In Not Out: The Learn-How-to-Cook Book, Without the Recipes

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## **Eat In Not Out: The Learn-How-to-Cook Book, Without the Recipes** Melinda Hinson Neely

- Do you want to eat healthier but don't know where to start? - Are you tired of eating the same meals over and over again? - Do recipes sound like they're written in a foreign language? Do you have hungry mouths to feed, many of whom exclaim "yuck" when they see your creations? - Do you often resort to take-out to keep up with life's demands? Eat In! - Turn your kitchen into the centerpiece for delicious meals and lasting memories. Not Out! - Save time and money while eating healthier, more wholesome meals. Eat In, Not Out has something for everyone, whether you are a cooking novice or expert! With input from expert cooks and food bloggers, including Shaina Olmanson, Lynne Viera, Aimée Wimbush-Bourque, and others – you will discover everything from the basics of nutrition to easy pick-me-ups that transform meals.

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