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



## Synopsis

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 everywhereâ•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.

## Book Information

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## Customer Reviews

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.

I purchased this book after seeing one that someone had left in the office break room. I would describe it as a lite cookbook made with humor in mind as the pages are cardboard and thick, like a childrens book, with the catch being it is made for a man. The recipes are very very simple for the most part. when you see them you'll probably ask yourself why you hadn't already tried to make

what recipes are in the book. I found myself reading several "recipes" and realizing I could easily add to them in order to create something even better. In fact, I would almost describe it as a book of building blocks. You take the simple stuff they give you and add your own style and taste to the dish. I've done several of the recipes so far and as it turns out, they taste great and my kids absolutely loved the food. What is really nice is that the recipes are so simple that you can easily add your own twist of ingredients and have multiple dishes that took you 15 minutes to make yet taste great. I gave the book 4 stars because while it is good and has some good recipes, most recipes require you to add more than what is simply described in the instructions. For example it may tell you that you need beef, corn, and diced tomatoes, but when you read the fine print above the photo you realize you need cheese, some seasoning or spices, and maybe even some rice and noodles. pretty easy and straightforward stuff, but why not just add that stuff in with the directions, even if it is not "canned"?

Disappointed with the recipes and the lack of them! Why hard cardboard pages when you are talking guys in the kitchen...a little spill will make the pages expand...seems like its really a pamphlet of recipes made to look like more!

I bought this as a gift for my nephew and i'm glad i did. Its a great starter book for a young man that is new to cooking. The ingredients are simple, easy to find, and accessible to most. Its not a gourmet cook book by any means, but its a good book to help a young person get more comfortable with being in the kitchen and fending for themselves. I can see this book as being perfect for a teenager or a college kid making meals for themselves. I'm sure after mastering these recipes a person would probably graduate to more complicated and interesting dishes, and i think that this book provides that confidence and stepping stone to get there. Not that it ventures into that territory, but once a person gains that confidence that they can actually cook something other than a hot pocket that actually provides decent nutrition and sustenance such as the things in this book, they will be more willing to branch out to other great meals/recipes. Bottom line, this book is a great start for some one new to cooking, or looking for easy, less complicated meals that are simple to make. I also bought the Original version of this book at the same time. I'm not saying that the 1st book is bad, but I think the recipes in this book are way better and appealing to my tastes. I highly recommend buying them in a pair.

I bought this after having bought "A Man, a Can, a Grill". I expected a similar extra simple approach

to some inexpensive, quick, yet somewhat healthy eating. I've only tried one recipe from it so far and it was surprisingly delicious, but for the money, time, and effort spent I could've made something much better. I'm afraid that is going to be the rule for this book since most recipes call for some fresh ingredients along with a can or two of something. If I'm taking the time to prepare some food from fresh why ruin it with a splash from a can? I think the original "man can plan" would be much better. It's still a very interesting book to have on the kitchen shelf to occasionally amuse myself with though.

I know there are a lot of men, and some women, sitting at home eating cold chips, or microwaved frozen meals because they think they do not know how to cook. Well, this is the book to get you over the fear of making a hot meal for yourself, or a friend. The recipes use simple ingredients, a bit of meat, and viola -- you are cooking. No matter how you slice things -- any time you let a fast food joint, restaurant, or frozen food manufacturer provide your meals it costs you more than if you bought the basic ingredients and made the item yourself. Stop being afraid. This is the book for you to get started in the kitchen. Take a peak inside -- you'll be glad you did.

I like that the pages are all sealed so they won't be damaged in the kitchen, but in terms of content each recipe lists the main ingredients largely with photos of suggested brands which was useful but in smaller print next to the picture of the completed meal it has extra ingredients which are kind of important to the flavor of the meal, and a few of the meals are very similar.

Got these for my brothers-in-law who are single. They seem to be happy to have them and have used the recipes--well, a couple of times anyway. My husband has used it many times. I have tried to encourage him to cook some. :-)

19 yr old who is out on his own loved this - easy recipies and super easy ingredients he can buy ANYWHERE. Also loved he can wipe pages off easily if he makes a mess.

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