



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

*David Joachim, The Editors of Men's Health*

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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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