

Contents

P.5 RECIPE INDEX

P.6 US CONVERSIONS, EQUIVALENTS & FOOD TERMINOLOGY

P.8 CRUCIAL TO YOUR SUCCESS

P.9 KEY INGREDIENTS & HOW LONG THEY LAST

P.10 WHERE TO FIND THE INGREDIENTS & WHAT THEY LOOK LIKE (UK)

P.14 DO'S & DON'TS

P.16 TIME SAVING PREP – What the pros never reveal!

Pre-fried onions and what to use them for – 10 minutes prep (2 hrs in oven)

Pre-chopped garlic and what to use for – 7 minutes prep

Slow roasted cherry tomatoes and what to use for – 3 minutes prep (2 hrs in oven)

Basil oil and what to use for – 30 seconds prep

P.19 QUICK & EASY FRENCH ONION SOUP

P.21 A QUICK GUIDE TO VEGETABLE COOKING TIMES

P.22 28 DAY MEAL PLAN

WEEK ONE:

P.23 Shopping list for week one

P.24 Meal plan for week one

P.25-38 Recipes for week one

WEEK TWO:

P.39 Shopping list for week two

P.40 Meal plan for week two

P.41-58 Recipes for week two

WEEK THREE:

P.59 Shopping list for week three

P.60 Meal plan for week three

P.61-76 Recipes for week three

WEEK FOUR:

P.77 Shopping list for week four

P.78 Meal plan for week four

P.79-93 Recipes for week four

P.94-95 HOME MADE MAYONNAISE (9 TYPES) & OTHER DELECTIBLE DIPS

P.96-104 7 SUPER SOUPS SUPER FAST – ideal for quick lunches or starters!

P.105-107 ESSENTIAL KITCHEN EQUIPMENT & GADGETS

P.108 WHO THE HECK AM I AND WHY SHOULD YOU TRUST ME ANYWAY?

www.umawylde.com/recipesthatreallywork/EXTRA