

Marion's Meals

**SIMPLY COOKING
GOOD FOOD**

David Abbott



Marion's Meals uses an uncomplicated style that suits those with simpler tastes, who are working to a budget, or who just want a quick family meal without too much work.

They require no previous experience.

They follow the style of "Ready Meals" that can be served fresh and are ideal if you are cooking and delivering meals for others.

Recipes are available online or in a bound book. The book is free to carers cooking for someone else, for those working to a budget or others who just want to start cooking.

Applications for a free book can be made at the website: www.marionsmeals.com

The free books are funded by donations to Marion's Meals via GoFundMe.

Marion's Meals is Not-For-Profit.

The Principles of Marion's Meals

1. Meals are quick and easy to prepare in batches in a domestic kitchen
2. Recipes use minimal, and common, ingredients.
3. Meals use low-cost ingredients.
4. There are no specialist ingredients that you would not find in a typical store cupboard.
5. We are able to buy ingredients from the local supermarket
6. We encourage the use of fresh vegetables.
7. The dishes are easy to eat and digest for anyone that does not have strong bite or robust stomach
8. Meals do not have any strong flavours or “heat” from spices
9. Meals are suitable for freezing
10. Meals are easy to reheat and serve

Marion's Meals Online

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