



# A Man, A Can, A Plan: Great Guy Meals Even You Can Make!

*David Joachim*

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With the recipes in this book, you can easily whip up 50 simple, healthy meals. This food does everything from prevent heart disease and prostate cancer to boost your immune system and energy levels. And it tastes fine, too. You don't need a culinary degree to make it. You don't need any fancy ingredients. All you need is a can opener - and an appetite. No problem, right?

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