



MEALS MEN LOVE

How to Catch a Man in 3 Courses
Lana Vidler



Media kit

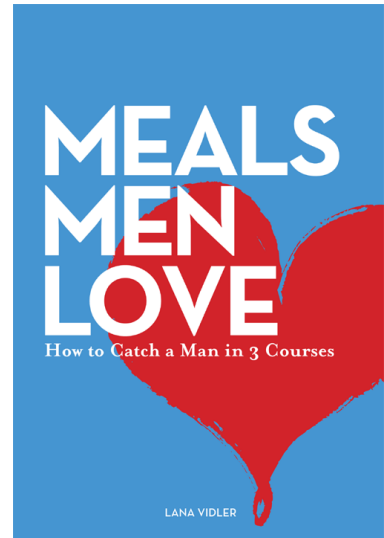
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The way to a man's heart really is through his stomach; new cookbook *Meals Men Love* shows you how to catch a man in three courses.

First-time author **Lana Vidler doesn't claim to be a trained master chef, but she does know a thing or two about cooking up culinary delights that men of all ages love to eat time and time again.**

Lana's new cookbook, *Meals Men Love*, is her **tried and tested selection of quick, easy and affordable everyday meals she knows men will relish.** Aimed at **women in their teens to middle age and beyond**, the idea for this book was conceived with one aim in mind – to feed men.

'**Land a Man Lasagne**', '**Potatoes, Shaken Not Stirred**' and '**Nana Was Married for 69 years – Because of These Cookies**' are just some of the dishes in this simple-to-make and playfully named collection that caters for breakfast, lunch, dinner, sweet treats, sides and snacks. The book has a box on each page to allow the cook to keep track of her chosen man's favourite recipes.

"I needed this book! I was tired of cooking banquet-style meals for my boyfriend which he didn't seem all that keen on," says Lana. "I'd whip up something simple like chicken schnitzel and found he couldn't stop raving about it, and hence began the idea for '*Meals Men Love*'."

"There are countless recipe books out there focusing on fat free or vegetarian meals, cupcakes and everything else in between, yet there wasn't one on meals that men love. And so I thought other women out there might be looking for a cookbook like this too."

Many of the 160-odd recipes in *Meals Men Love* have been accumulated over Lana's dating life. She would add recipes from men she met, friends and family to a dedicated recipe folder. In January she began cooking each one and slowly bore the idea to publish a cookbook with the most popular recipes. Lana's late grandfather, who died in May, loved the idea too and gave her a large number of the recipes that feature in the book.

With the mantra "food is like sex: it can't keep a man, but it sure helps", Lana has set about sharing her passion for good food that will take minimum effort while reaping maximum reward. **All the ingredients used in her dishes are available from your local supermarket**, making preparation time workable for ladies with busy lives.

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"My fondest memories of my late father were him going up to my mother after dinner and telling her what a fabulous meal she had made," explains Lana.

Each recipe has been tested and received ten out of ten scores from men of all shapes and sizes: a factory manager, published author, engineer, neurosurgeon, IT specialist, two top 100 entrepreneurs, a sailor, a pilot, an electrician, a banker, a tree-lopper, a freight agent, a paediatric surgeon (and video gaming genius), a plumber, a builder, several students, an air force man and a ski instructor make up the group of lucky guinea pigs.

"The men in my life from 14 to 94 have *loved* these recipes – and I'm sure the men in your life will too," says Lana.

About the Author

Lana Vidler was born in Sydney and educated at Ascham in Edgecliff. She has a Commerce degree in Marketing and Finance from Sydney University, and works as an office manager for a fragrant home-ware company.

