



# The Meat Club Cookbook: For Gals Who Love Their Meat!

*Gemma DePalma, Vanessa Dina, Kristina Fuller*

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The rules of the Meat Club:

- You have to be a girl
- You have to eat meat (any kind)
- You have to love to talk about meat
- What's said in the Meat Club, stays in the Meat Club

Tired of eating Caesar salads and poached chicken breasts every time they got together with the girls, Vanessa, Gemma, and Kristina confided their guilty secret to each other (for what, after all, are girlfriends for?): What they really wanted to eat was meat. And so the Meat Club was formed. *The Meat Club Cookbook* is a collection of tried-and-true recipes culled from the authors' favorite meals together. Roasted, braised, sautéed, stewed, or grilled (yes, these girls can handle a grill with the best of them), as long as it's meat, they'll cook it up and eat with gusto. With tips on how to choose and cook the most popular cuts, this substantial book is the perfect companion for girls who want to have their beef, their pork, their lamb—and eat it too.

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The book *The Meat Club Cookbook: For Gals Who Love Their Meat!* can give more knowledge and information about everything you want. Exactly why must we leave the great thing like a book *The Meat Club Cookbook: For Gals Who Love Their Meat!*? Some of you have a different opinion about guide. But one aim that will book can give many data for us. It is absolutely proper. Right now, try to closer with the book. Knowledge or info that you take for that, you could give for each other; you could share all of these. Book *The Meat Club Cookbook: For Gals Who Love Their Meat!* has simple shape but the truth is know: it has great and big function for you. You can look the enormous world by open and read a publication. So it is very wonderful.

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