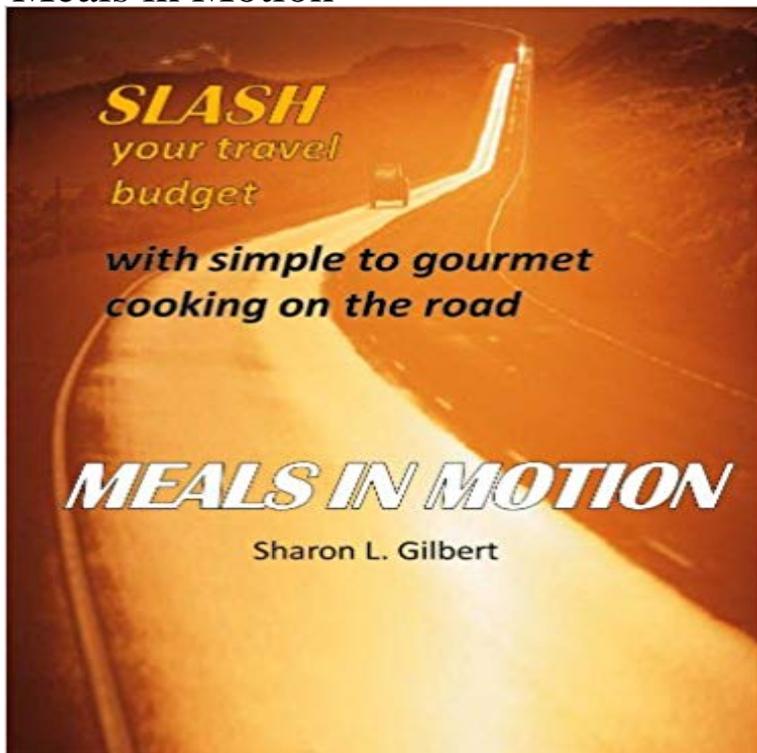


Meals in Motion



Meals in Motion Slash your travel budget with simple to gourmet cooking on the move. The purpose of this book is to provide travelers, students, and others who do not have fully equipped kitchens, with techniques and recipes for efficient, economical, healthy cooking. I envision this book as a traveling companion, going along to the grocery store as a shopping list or guide, in a suitcase for cooking on-the-go, on the counter in an RV or boat, and an idea starter for home cooking using small appliances. The cost of meals is a major expense in a traveler's budget. My most modest pull-in-your-belt-and-hope-for-the-best estimate of the price tag on eating out for one adult is around \$25.00 per day, taking into consideration the cost of beverages (tea, soda, coffee, but not alcoholic drinks), tax, and tips (and no extras like appetizers and desserts). My eating-out estimate also assumes that a healthy, balanced diet is a priority and that fast food restaurants would be frequented only occasionally. This book shows how you can eat better for much less by preparing your own nutritious, often gourmet meals (usually including appetizer and dessert) in hotel and motel rooms, RV, or boat. On longer trips, you will eat better and save hundreds, if not thousands, depending on the number of people traveling. In today's economy, that might make the difference between going ahead with the trip and staying at home. When we decided to salvage our 7-week Florida to California road trip in the summer of 2008, by eating-in instead of eating out in restaurants, I knew I had some planning and innovating to do. Looking around my kitchen for inspiration, my eyes fell upon a Panini grill used only occasionally at home, but small enough to fit into a suitcase. The next question was, What can I do with a Panini grill? Of course sandwiches came to mind first, followed by brochette. Right next to the

Panini grill on the storage shelf stood a stainless steel fondue pot, equally compact, which now seldom saw either a cheese or chocolate fondue. What can I do with a fondue pot? I wondered. As I began planning meals for the trip, I experimented with how to use these two appliances in unusual ways to improve both the variety and quality of our meals. During that trip I regretted leaving my new lightweight slow cooker at home. Many times during an extended week-long stay the slow cooker would have provided more time for our sightseeing activities and it might also have been put to use in our vehicle during a day long drive to our next stop. Several shorter trips that we have made since 2008s long excursion have sealed my devotion to the slow cooker, and so despite the many fine slow cooker cookbooks available, I have included some slow cooker recipes of my own here. The focus is on traveling by motor vehicle. However, by making adjustments to what you carry and how your carry it, you will find this book useful for travel by most methods for most durations. The recipes in this book are grouped in chapters under headings of the small appliances I use for travel cooking. For example, Chapter 3 is about the Panini Press. If you own just one of them, you will not have to read through all the recipes to find those best suited to the appliance you own. Alternatively, you might read recipes and suggestions in a chapter on an appliance you do not own and invent ways to create those dishes using the appliances you do own. Recipes generally call for fresh herbs, fruits and vegetables, and the freshest seafood, meats, and dairy available. Not only does fresh taste better, but it is easier to control the amount you buy, resulting in fewer storage problems than with frozen and canned foods.

Germantown - Meals In Motion - Delivery Area Meals in Motion is now being managed by Mobile Meals. What is Meals in Motion? Meals in Motion is the local Meals on Wheels program operating in Portage Meals In Motion - Patricks Meals In Motion. 1.3K likes. Meals In Motion is a multi-restaurant delivery service located in Midtown, East Memphis and Germantown, TN. We work with Meals In Motion - Wasabi Firehouse Subs Heritaje Tavern & Kitchen

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