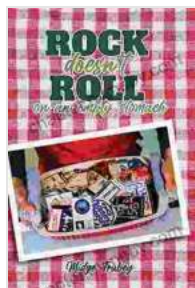


Rock Doesn't Roll on an Empty Stomach: The Ultimate Guide to Cooking for Rock Stars



Rock Doesn't Roll on an Empty Stomach: Stories and Recipes from a Rockin' Cook's Journey Fueling America's Biggest Touring Bands of the 70's And 80's

by Midge Trubey

★★★★☆ 4.6 out of 5

Language : English
File size : 9328 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 204 pages



As any rock star will tell you, there's nothing worse than trying to perform on an empty stomach. That's why it's so important to have a good meal before hitting the stage. But what should you eat?

That's where *Rock Doesn't Roll on an Empty Stomach* comes in. This cookbook is packed with over 100 recipes that are designed to give rock stars the energy they need to put on a great show.

The recipes in this book are all delicious and nutritious, and they're easy to prepare, even if you're not a professional chef. So whether you're a rock star yourself, or you just want to cook for your favorite musicians, *Rock Doesn't Roll on an Empty Stomach* is the perfect cookbook for you.

A Taste of What's Inside

Here's a taste of some of the delicious recipes you'll find in *Rock Doesn't Roll on an Empty Stomach*:

- **Breakfast of Champions:** A hearty breakfast that will give you the energy you need to rock all day long.
- **Appetizers for Rockers:** Perfect for satisfying your hunger before a big show.
- **Main Courses for Headliners:** Delicious and nutritious meals that will keep you going all night long.
- **Sides for Sidemen:** Tasty side dishes that will complement any main course.
- **Desserts for Divas:** Sweet treats that will satisfy your cravings and give you the energy you need to finish the night strong.

Free Download Your Copy Today!

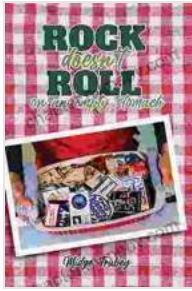
Rock Doesn't Roll on an Empty Stomach is the perfect cookbook for any rock star, or anyone who loves to cook for their favorite musicians. Free Download your copy today and start cooking delicious and nutritious meals that will keep you energized and ready to rock!

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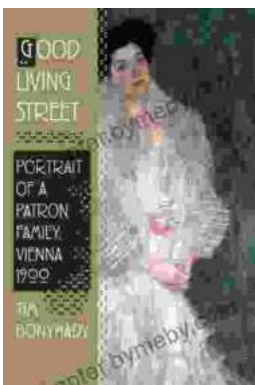


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