SAMPLE



Sunday Pot, Weeknight Plates

Slow-cooked comfort food you make once on the weekend and turn into easy dinners all week.

BY ROSA LIN · 24 RECIPES

Example book, made for a sample creator, not your content. Yours is made from your own posts and material.

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Every recipe includes

Full ingredient list with amounts, step-by-step method, serving size, timing, storage notes and at least one swap.

WELCOME

Cook once.
Eat well all week.

Most of my favorite dinners start on a slow Sunday afternoon, with one big pot on the stove and the windows fogging up.

This book is the system I use to turn that one pot into four or five weeknight meals that don't taste like leftovers. Each chapter builds on the last: braise on Sunday, remix on Tuesday, add a fast side, and freeze the rest.

You'll find the full recipes here, written out properly, with the amounts and the little details that never fit in a caption.

— Rosa





HOW TO USE THIS BOOK

1 · Sunday
Pick one pot from chapter 1. It takes about 30 minutes of hands-on time.

2 · Weeknights
Turn the leftovers into a new dinner from chapter 2 in 20–35 minutes.

3 · Freeze
Portion the rest using the guide in chapter 5 for an easy week later.

01

CHAPTER ONE

The Sunday Pot

Five big-batch braises, each made to feed you more than once. Start here: every other chapter in this book borrows from these pots.



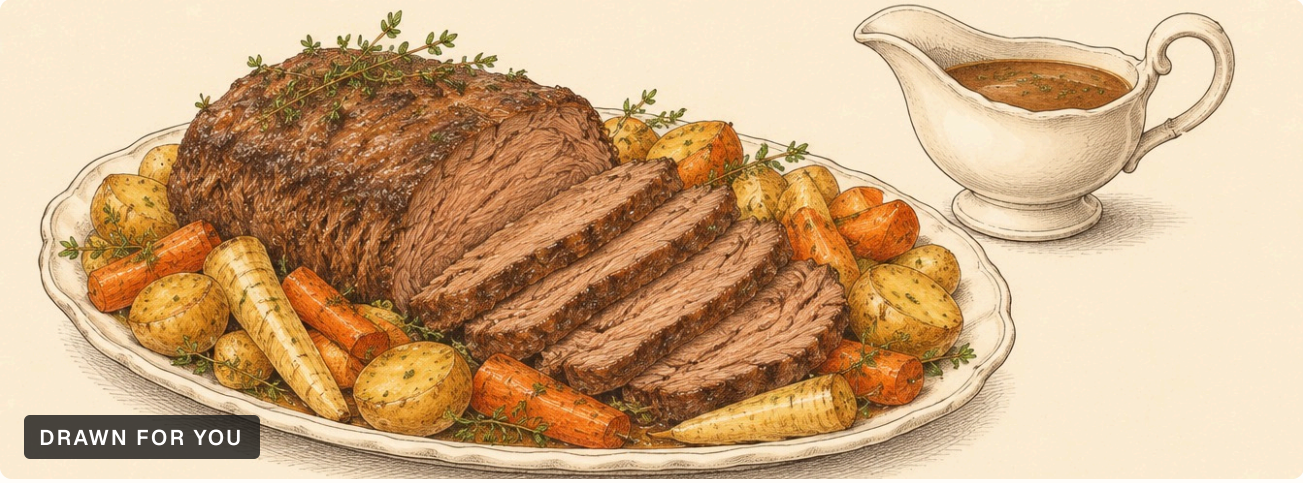
DRAWN FOR YOU

SAMPLE

THE SUNDAY POT · RECIPE 1

Weekend Pot Roast with Root Vegetables

SERVES 6–8 · PREP 25 MIN · COOK 3½ HR · FREEZES WELL



Ingredients

- 3½ lb chuck roast, patted dry
- 2 tsp kosher salt, 1 tsp black pepper
- 2 tbsp neutral oil
- 2 yellow onions, cut in wedges
- 4 carrots, in 2-inch pieces
- 1½ lb small potatoes, halved
- 4 garlic cloves, smashed
- 2 tbsp tomato paste
- 1 cup dry red wine or extra stock
- 2 cups beef stock
- 3 sprigs thyme, 2 bay leaves

Method

1. Heat the oven to 300°F. Season the roast all over and let it sit while the pot heats.
2. Brown the roast in oil in a heavy pot, 4–5 minutes a side, until deep brown. Set it aside.
3. Soften the onions in the same pot, then stir in the garlic and tomato paste for 1 minute.
4. Pour in the wine and scrape up the browned bits. Add the stock and herbs, then nestle the roast back in.
5. Cover and braise 2½ hours. Add carrots and potatoes around the meat and cook 1 hour more, until a fork slides in easily.
6. Rest 15 minutes, then slice or pull apart. Spoon the juices over everything.

Save for later

Set aside 3 cups of meat and 1 cup of juices for the Tuesday pot pie on page 21.

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Tuesday Pot Roast Pot Pie

SERVES 4 · USES LEFTOVERS · 35 MIN



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Ingredients

- 3 cups leftover pot roast and vegetables
- 1 cup reserved braising juices
- 1 cup frozen peas
- 1 tbsp flour mixed into 2 tbsp butter
- 1 sheet puff pastry, thawed
- 1 egg, beaten

Method

1. Heat the oven to 400°F. Warm the meat, vegetables and juices in an oven-safe skillet.
2. Stir in the butter-flour paste and simmer 2 minutes until glossy. Add the peas.
3. Lay the pastry over the top, tuck the edges, cut three slits and brush with egg.
4. Bake 20–25 minutes until puffed and deep golden.

Make it your own

Gluten-free: use cornstarch instead of flour and top with mashed potatoes. Budget: stretch it with a can of white beans.

Storage

Filling keeps 3 days in the fridge or 3 months frozen. Add the pastry on the day you bake.

TWENTY-MINUTE SIDES · RECIPE 9

Garlicky Greens with Crispy Shallots

SERVES 4 · 20 MIN · VEGAN

Ingredients

Method

The rest is in the full book

Your finished ebook has every recipe written out in full: 24 recipes across 6 chapters.

WHAT YOU'D GET

Your book, made for you

This sample shows the format. Yours is written around what you teach, in your voice, with your photos, and is designed and ready to sell.

Written with you

We draft from your posts and notes; you approve every page.

Your photos

Laid out on the cover, chapter openers and inside pages.

Designed PDF

A polished 40–80 page ebook, ready for phones and print.

Ready to sell

Sales page and checkout set up. We take 30% of product revenue; you keep 70%.