



**Kitchen Wizard Flexipes: Simple Time-Saving  
Secrets for Tasty Global Cuisine (Quick & easy  
recipes for more variety & nutrition. Similar to  
Rachael Ray, ... Oliver, Tim Ferriss, Donna Hay  
Book 1)**

*Mari Suzuki*

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# **Kitchen Wizard Flexipes: Simple Time-Saving Secrets for Tasty Global Cuisine (Quick & easy recipes for more variety & nutrition. Similar to Rachael Ray, ... Oliver, Tim Ferriss, Donna Hay Book 1)**

*Mari Suzuki*

**Kitchen Wizard Flexipes: Simple Time-Saving Secrets for Tasty Global Cuisine (Quick & easy recipes for more variety & nutrition. Similar to Rachael Ray, ... Oliver, Tim Ferriss, Donna Hay Book 1)** Mari Suzuki

“Mari seeks to combine basic methods of cuisine with planning ahead so as to ease the burden of day-to-day cooking. Read through this book, as I have, and please absorb what she has to say. You will find a teacher who actually wants you to ?GET IT!”

Graham Kerr, *The Galloping Gourmet*

Internationally renowned culinary and TV personality  
American Culinary Foundation Hall of Fame

“As an athlete, eating right is a must, but finding time to cook is always a challenge. Mari’s simple Flexipes™ technique will be indispensable building blocks to a healthier lifestyle for years to come.”

Natalie Coughlin Hall

Three-time Olympic Gold Medalist

“Flexipes™ may become a common culinary term as well as the hottest new cookbook to hit the shelves. This book will be a great resource for both the culinary expert or educator and the interested novice.”

Alison Negrin

Executive Chef, John Muir Health System

Former Chef, Chez Panisse

Founding Executive Chef, Bridges Restaurant

“Mari’s beautiful and thoughtful cookbook simplifies meal planning and kitchen efficiency, making it a must-have tool for every home cook.”

Marina Kercher

Culinary Center Director, Whole Foods Market, Napa

“Mari has devised an efficient system for busy people who want fresh, flavorful meals but don't have much time for daily cooking. Along with the dishes, Mari's tips on seasoning, stocking ingredients, and planning meals contribute to stress-free and satisfying home cooking.”

MM Pack

Contributor, *Austin Chronicle*, *Edible Austin*

## BOOK DESCRIPTION

Author Mari Suzuki is neither a chef nor a nutritionist, but she is a kitchen wizard! Combining her Japanese roots and systems and logistics background from IBM and FedEx and, of course, a love of good food, Mari designed Flexipes™ or flexi-ble reci-ipes! The Flexipes™ method is a unique solution to today's home cook's most common dilemma—how to cook and eat a larger variety of healthy food that tastes good, all while using less prep time and effort.

What's the secret? With Kitchen Wizard Flexipes™ all you have to do is prepare one simple base, then mix and match with what you have on hand, and—voilà!—dinner's ready!

Mari also guides you with smart tips on seasoning, stocking food, and keeping your kitchen tools and ingredients ready to go. No more treasure hunting at dinnertime. No more repeats. No more wasted food. You will soon find yourself cutting your prep time in half, eating a far larger variety of healthy meals, and saving lots of money at the same time! Best of all, it's really fun to cook this way.

Distilled down to its essence, this book is your magic wand for stress-free cooking, tastier food, and a healthier lifestyle in this busy world. By using Mari's Flexipes™ and tricks, you will soon feel like a wizard in your kitchen!

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Japanese & Asian Ingredients  
Congratulations

Keywords: quick, easy, recipe, cooking, simple, international, Japan, time-saving, how to, health, healthy  
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**Russell Belcher:**

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