

Thank You Chef

REVIEWING : OUR LAST MEALS?

This book speaks volumes about how a new generation of the California condemned population is far more engaged with leading by creation, and by producing a product that displays quality use of time than ever before, thank you chef.

If you are a health nut, this book is not for you because nobody is counting calories here, however, if you love to eat, this is your Bible, each meal is created primarily with Nasa space station type packaged foods, or foods for people who love to camp high in the mountains, so I am very impressed to finally see a prison-based cook book that goes way beyond the old "getting by" methods of preparation, this is great work chef.

The highlight for a conscious reader is Just Knowing that this Chef named his culinary art pieces after fellow souls housed at California Death Row, what a power move to prove that unity is an action word, thank you chef.

This Chef surprises us here on a spiritual level with his herbal remedies, and drink mixes, there's even a cold set-up that qualifies more as caring, and when was the last time you've seen that in a prisoner cook book?, Thank you chef.

I'm not a foody myself, but here I am, about to dive into Chef "Ru-AL's" Get Fat Visit Meal, lunch for 1; from page 177, (the modified version)

Thank You Chef. (visiting officer refused to take photo of food items.)

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