



Eat What You Want And Die Like A Man: The World's Unhealthiest Cookbook

Steve H. Graham

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Eat healthy and live to be 100? Screw that. Why choke down bland, mushy, steamed veggies and brown rice when there's so much fat-laden, calorie-rich, heart-bursting cuisine out there to be savored? Because you want to live? So you can spend your golden years wandering aimlessly around a Florida shopping mall and eating dinner at 2 in the afternoon? So your rotten kids can plop you into some hellhole of a nursing home the minute you forget what day it is? Go ahead, triple your cholesterol and triglyceride counts, and clog those arteries. You'll never get out of this world alive, so enjoy life while you can. Here are the most unhealthy triple-bypass recipes sure to satisfy the most insatiable cholesterol craving. Instead of steamed tofu, try Lard-Oozing Caja-China-Roasted Hog or Pizzeria-style Baked Ziti with Sausage and Mozzarella! Follow up with a decadent dessert of Deep-Fried Twinkies or Ice Cream Lasagne. You'll die quicker but with a smile on your face. Eat What You Want and Die Like a Man will put you back in touch with your Inner Hog. Raves for Steve Graham's The Good, The Spam, And The Ugly "Gleefully offensive". - Publishers Weekly "Thanks for using a pseudonym". -Steve's father Steve H. Graham is author of The Good, the Spam, and the Ugly and Keep Chewing Till It Stops Kicking: Finding Your Inner Caveman. In 1983, he was indicted for eating a live midget. Steve lives in Miami, where he enjoys fishing, piano, home-brewing, and cooking enormous portions of unhealthy food.

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David Stephenson:

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Maria Trussell:

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