

ABOUT THE BOOK



Feed Thyself

Becoming a Confident Home Cook

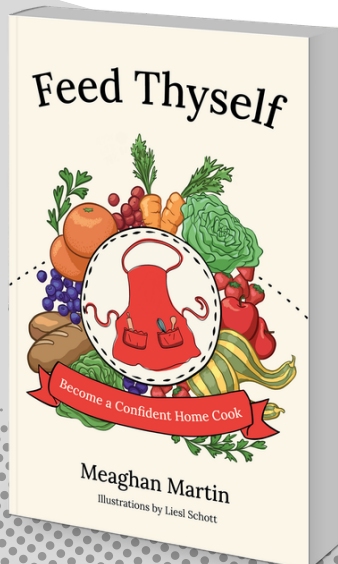
by Meaghan Martin

Feed Thyself didn't begin in a test kitchen. It began with text messages from Auntie Meg's niece: *"How do I cook this?"* Soon, her daughter's friends were asking the same questions. Meg realized they didn't need more recipes. They needed someone to teach them how to cook, so recipes became tools instead of rules.

Created for young adults learning to live and cook on their own for the first time, **Feed Thyself** helps readers build confidence in the kitchen. Auntie Meg shows them that home cooking can be joyful—without fear, perfectionism, or expensive gadgets.

New home cooks don't need another cookbook. They need Auntie Meg!

Keep it simple.
Make it easy.
Cooking can be fun.



- modern adulthood
- emotional confidence
- self-care
- recipes as tools
- food tips
- self-trust

Auntie Meg

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TEACHING TOPIC



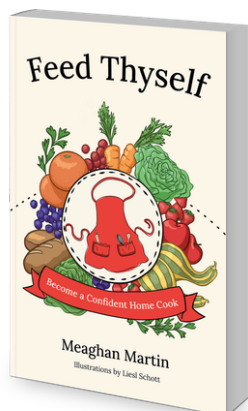
BEAT KITCHEN ANXIETY AND THE FEAR OF MESSING UP

**Helping Today's
Generation of
Home Cooks
Have Fun in
Their Own
Kitchens**

In a culture where every meal is expected to look camera-ready, many people have become anxious about learning how to cook.

Auntie Meg explores how social media perfection, fear of failure, and unrealistic expectations have turned a basic life skill into something many young adults find intimidating.

Through humor, real stories, practical advice, and encouragement, she helps audiences let go of fear, stop overthinking every mistake, and discover that confidence in the kitchen is built through practice—not perfection.



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ABOUT THE AUTHOR



Auntie Meg

Bio / Profile

Meaghan Martin is the author of **Feed Thyself: Becoming a Confident Home Cook**. Affectionately known by home cooks as “Auntie Meg,” she is a self-taught, confident home cook whose perspective is shaped by both lived experience and years spent alongside chefs, nutritionists, menu developers, and food professionals.

Feed Thyself grew out of conversations with young adults who desperately wanted to cook but had never been taught. After countless text messages, demonstrations, and dinner conversations, Meg realized young adults didn't need a standard cookbook—they needed an Auntie. Known for her approachable teaching style, humor, and practical real-world advice, Meg helps overwhelmed beginners build confidence in the kitchen without shame, pressure, or Insta-perfect expectations. Through **Feed Thyself**, Auntie Meg encourages new home cooks to stop fearing mistakes and start building confidence one small success at a time.

**Helping Today's Generation
Move From 'Kitchen Anxiety' to
'Kitchen Confidence'**



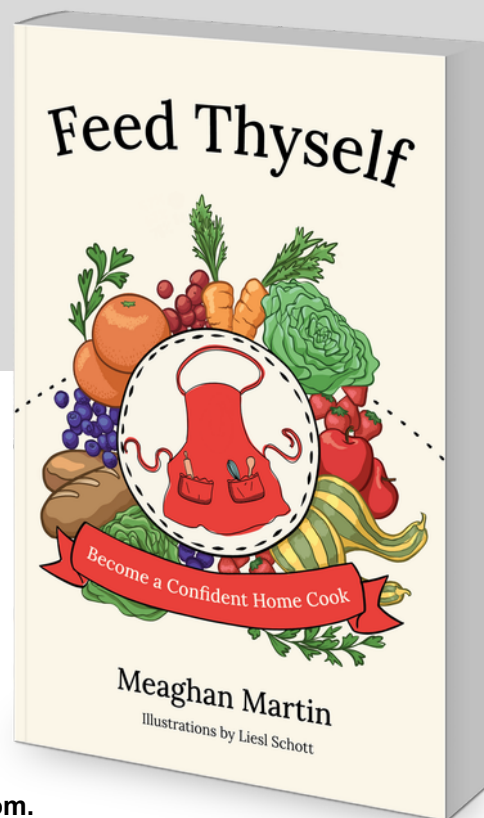
Feed Thyself

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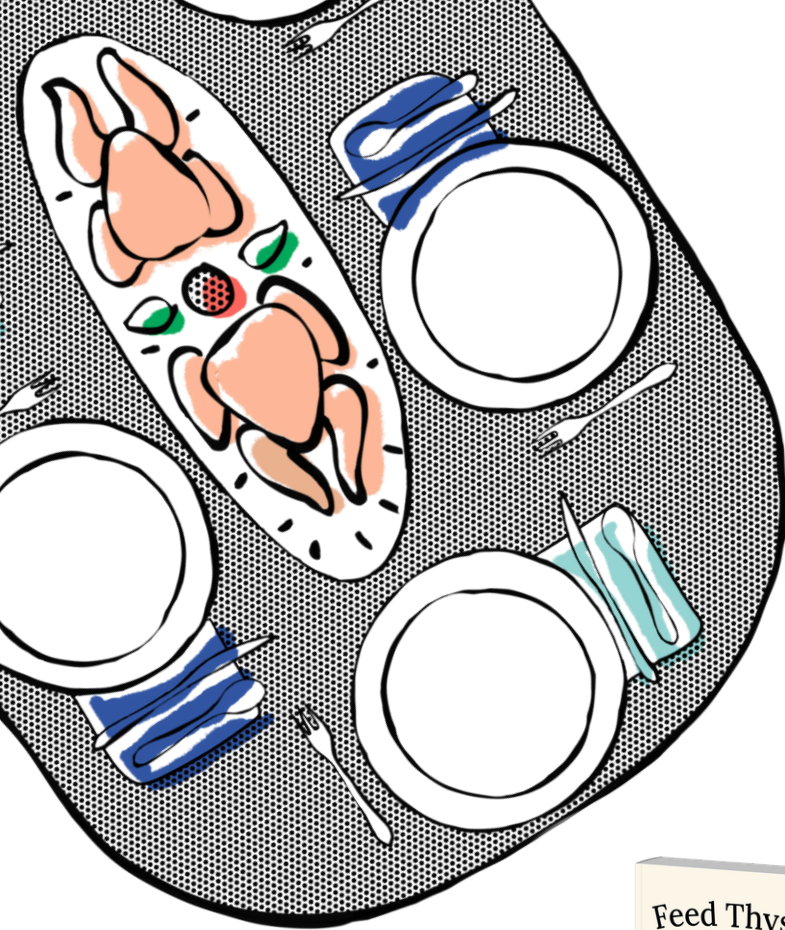


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TEACHING TOPIC



SIMPLE MEALS THAT MAKE GUESTS FEEL SPECIAL



Keep it simple.
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You do not need a spotless house and a four-course meal to make people feel welcome at your table.

Feed Thyself: Becoming a Confident Home Cook helps new home cooks discover how simple food, thoughtful hospitality, and a little courage in the kitchen can turn ordinary evenings into lasting memories.

Auntie Meg teaches audiences that hospitality is not about impressing people—it is about helping people feel like they belong.

- Create easy-to-make meals that feel surprisingly meaningful
- Host date nights, taco nights, holidays, and gatherings with greater confidence
- Create warmth and connection without perfection or performance
- Learn how simple food can help people feel welcomed, relaxed, and cared for
- Discover how hospitality creates memorable moments without requiring expensive entertaining

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TALK TOPICS



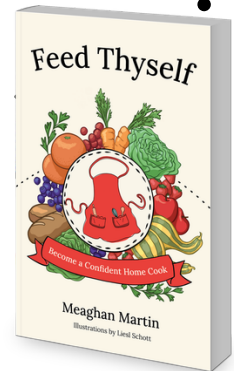
Auntie Meg explores the growing confidence gap many young adults feel around cooking and everyday life skills.

**Going From
'Kitchen Anxiety'
to 'Kitchen Confidence'**

GET THE CONVERSATION STARTED WITH AUNTIE MEG

INTERVIEW QUESTIONS

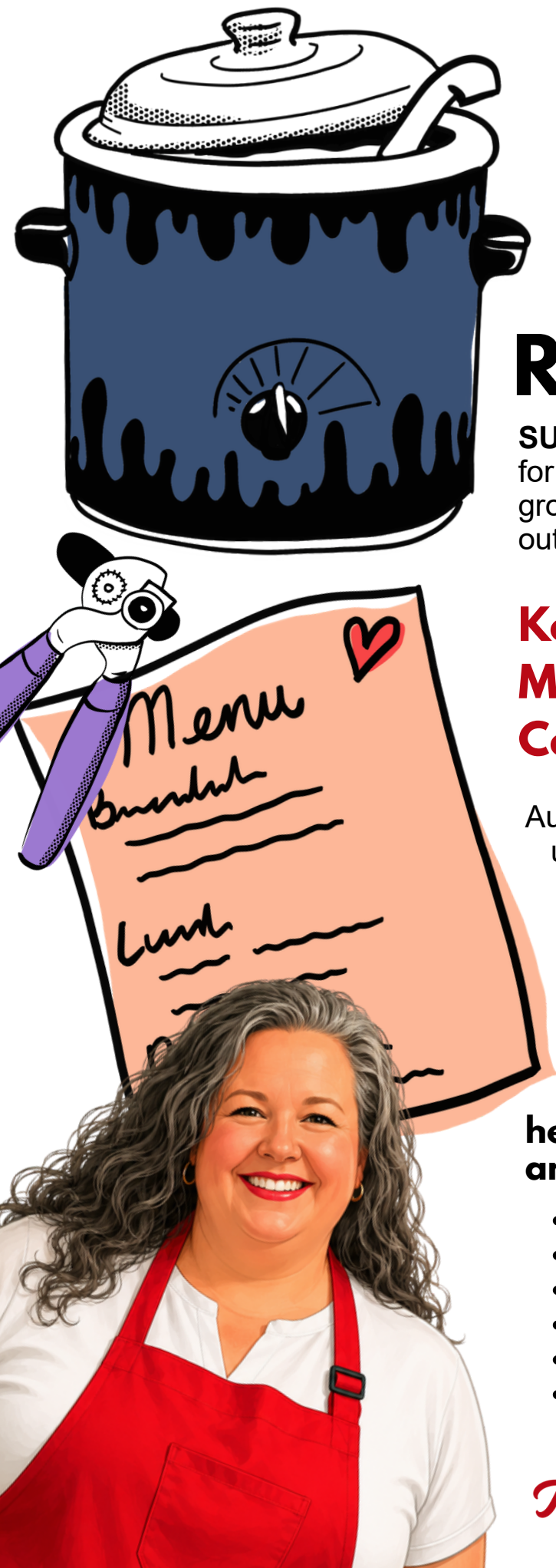
1. What made you realize this book needed to exist?
2. Why do so many capable adults feel intimidated by cooking?
3. How has social media changed the way people think about cooking?
4. Why do you think people need permission to be imperfect in the kitchen?
5. What surprised you most after spending years around chefs, food professionals, and serious cooks?
6. How can mistakes actually help people become more confident cooks?
7. What makes people feel truly welcome around a table?



*Plenty of books
teach you what to cook.
Auntie Meg teaches
you how to cook.*

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FREE NEWSLETTER



REAL-LIFE COOKING FOR REAL-LIFE PEOPLE

SUBSCRIBE! Auntie Meg's free newsletter is built for real life—real schedules, real exhaustion, real grocery budgets, and real people trying to figure out what to eat at the end of a long day.

Keep it simple.

Make it easy.

Cooking can be fun.

Auntie Meg understands that you do not have unlimited time, energy, money, or a perfectly stocked kitchen. Learn easy ways to stretch groceries through the week, avoid spending too much on takeout, cook with whatever you already have, and learn how to feed yourself without feeling overwhelmed.

It's FREE! Auntie Meg's Newsletter helps you eat well, feel more capable, and enjoy home cooking.

- Easy meal ideas for busy weeks
- Budget-friendly cooking encouragement
- Pantry and grocery strategies
- Confidence-building kitchen tips
- Real-life hospitality ideas
- Gentle motivation for overwhelmed beginners

Auntie Meg

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