



The Tight Budget Cookbook: Delicious and Nutritious Recipes for the Frugal Cook

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If you want to save a lot of money on your grocery bills, yet still serve delicious and nutritious meals, this cookbook is for you! All of the recipes in this book were contributed by Nutrition Educators with your needs in mind. You'll find breakfast dishes for as little as 4 cents per serving, and main dishes featuring meat for as little as 51 cents per serving. With hundreds of recipes, you'll find everything from breakfast; main dishes with meat, poultry, fish and a section for vegetarians; side dishes; salads; snacks, soups and stews; breads and muffins; desserts; and sauces, condiments and dressings. The ingredients used in the recipes are common and easy to find. Detailed nutritional information is given per serving and, equally important, the cost of each recipe and each serving is also provided-an excellent guideline when planning your meals to accommodate to your grocery budget. Bon appétit!

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