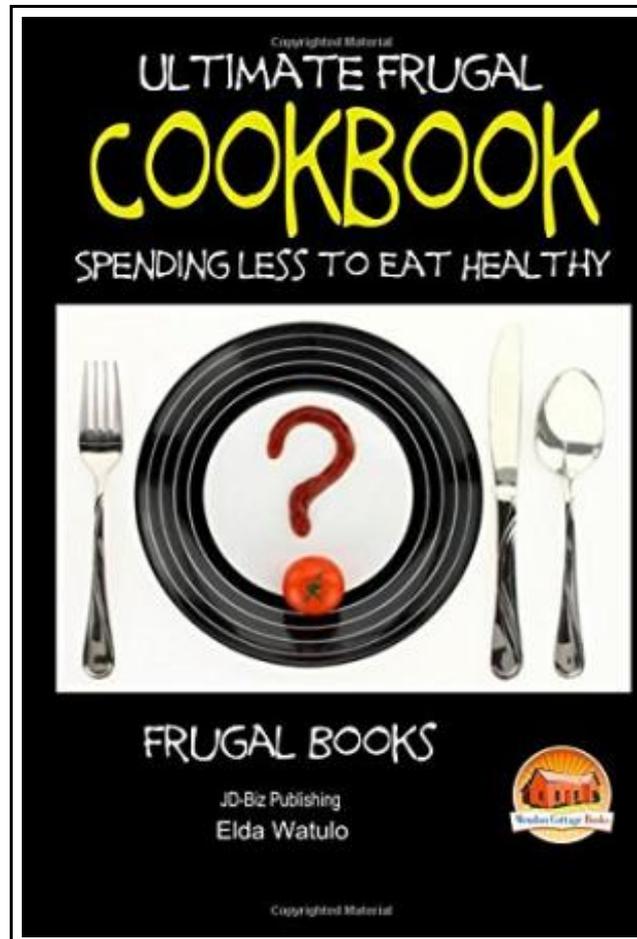


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ULTIMATE FRUGAL COOKBOOK - SPENDING LESS TO EAT HEALTHY (PAPERBACK)



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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Tips For Frugal Eating FRUGAL BREAKFAST RECIPES Deviled Eggs Potato omelet Breakfast Banana Fruit Smoothie Potato farls Egg Noodle Scramble Vanilla Polenta Cheap Healthy German pancake Kiwi and Greek Yogurt Parfait Breakfast Almond Butter FRUGAL APPETIZERS Blue-Cheese Puffs Lemon-Sugar Grilled Pineapple Garlic Bread Avocado-and-Mango Salsa Crostini Stuffed Cheese Puffs Garlic Pita Chips Goat Cheese-Stuffed Dates SOUPS AND STEWS Cheap Pantry Veggie Soup Cream Of Celery Soup Broccoli soup Chicken Lugaw Mashed Potato Soup Texas Stew Simple and Cheap Vegan Lentil Soup Creamy Tomato Soup FRUGAL PASTA RECIPES Spaghetti Pie Parsleyed Noodles Quick Risotto Picnic-Perfect Tuna-and-Macaroni Salad FRUGAL DINNER RECIPES Chili-Lime Drumsticks Chicken and Onion Kebabs Chicken Fried Rice with Vegetables Creamy Chicken and Broccoli Curry Ham with Red-eye Gravy Pork Carnitas Lamb Kebabs with Yogurt Sauce Burger Sliders Beef Kebabs with Orange Glaze Fajita-Style Quesadillas Black Bean Burgers Cauliflower-Carrot Casserole Sauteed Chickpeas with Broccoli and Parmesan Refried Bean Tostadas Orzo with Spinach and Red Peppers Broccoli Casserole Easy Cheese Bake Texas Hash Buffalo Chicken Tenders Beef Barbecue FRUGAL SALADS Green Salad with Apples and Toasted Walnuts Roasted Corn, Black Bean and Tomato Salad Cucumber Salad Crunchy Broccoli Slaw Savory Potato Salad QUICK DIPS Blue-Cheese-Chive Sauce Cheese and Guinness Spread Creamy Greek Feta Dip Black Bean Dip with Baby Carrots Spinach Dip with Crudites Garlicky Roasted Red Pepper Dip Grilled Sweet Potato Fingers with Curry Dip Introduction Stretch that dollar in style without having to sacrifice your favorite meals. This book shows you how to eat healthy on a small budget. The Ultimate Frugal Cookbook is the perfect cookbook for those for those with limited budget. The cookbook is loaded with healthy recipes that take extremely little time to prepare...

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