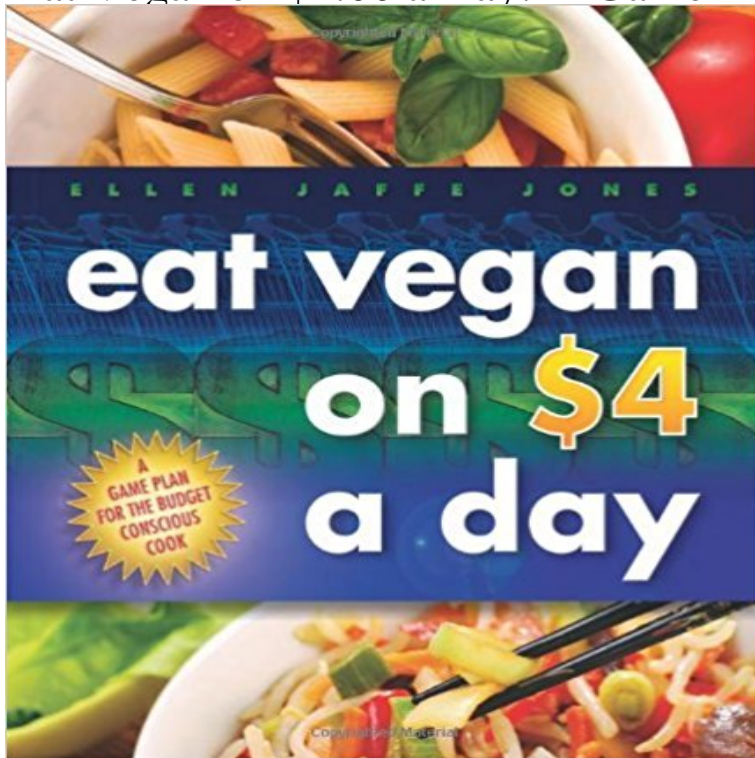


Eat Vegan on \$4.00 a Day: A Game Plan for the Budget Conscious Cook



Not only can a plant-based diet be good for health, it can also be easy on the pocketbook. At a time when many people are looking for a way to cut costs, Vegan on \$4 a Day will show readers how to forgo expensive processed foods and get the most flavor out of delicious, high-quality basic ingredients. Author Ellen Jaffe Jones has combined passion, money savvy, journalistic expertise, and culinary skills into a consumers guide for an economically viable dietary lifestyle. She has scoured the shelves of popular supermarkets and big-box stores and calculated exactly how much it costs to eat healthfully and deliciously. Readers will learn how to adapt their favorite recipes, cook with beans and grains, and use bulk buying to get big savings. Includes nearly 100 nutritious, delicious and low cost recipes and a weeks worth of menu-planning ideas that show how the recipes can be combined to get a cost of \$4 a day.

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