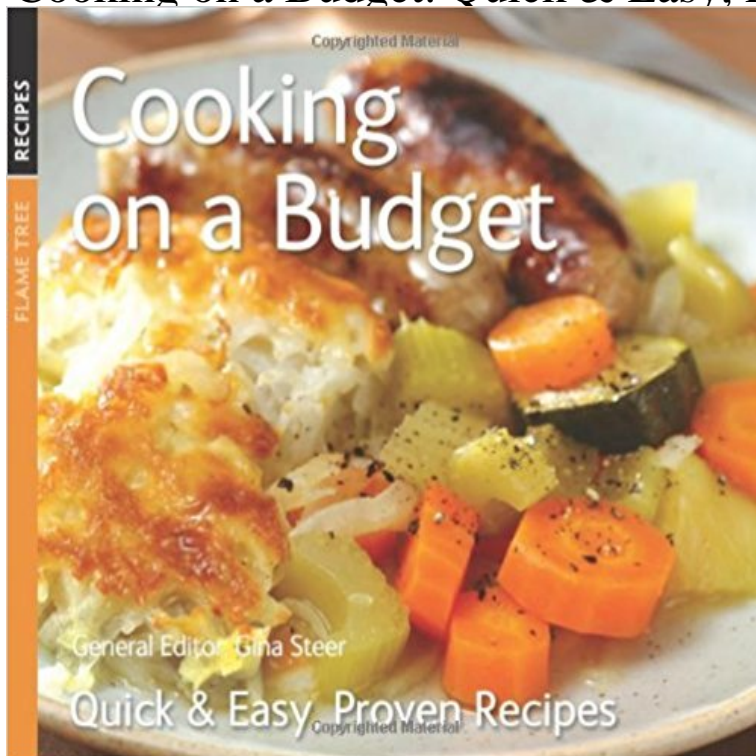


Cooking on a Budget: Quick & Easy, Proven Recipes



Stressed about the weekly food shop? Don't worry! The hundreds of tips and hints in *Cooking on a Budget* will help you to make the most of your money. The book includes 120-plus recipes for delicious, healthy, cheap meals, as well as suggestions for setting your budget, planning your shop and essential store-cupboard ingredients. With recipes for everything from Soups & Starters to Desserts, this book will have you well on your way to food that is both inexpensive and satisfying.

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