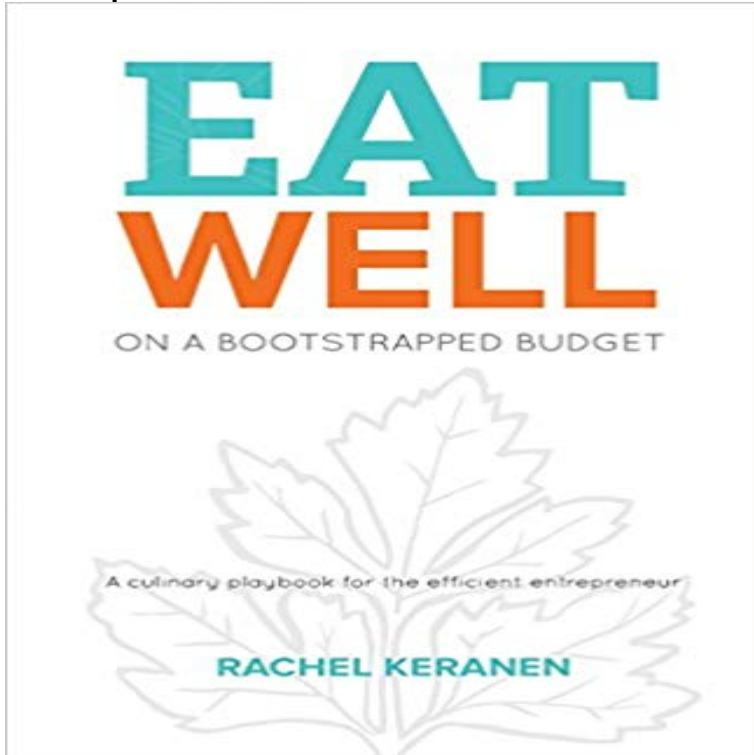


Eat Well on a Bootstrapped Budget: A culinary playbook for the efficient entrepreneur



If you're reading this book and you've ever said, I wish I could go to that conference but I don't have the money to go, that's probably not true. If you're currently buying muffins or other snacks to get you through the afternoon, you do have the money to attend conferences. You're just investing it in lemon poppy seeds instead of your business. *Eat Well on a Bootstrapped Budget* provides entrepreneurs, startup founders, and freelancers with a simple strategy for making meals while saving time and money. Sample recipes, meal plans, and grocery lists provide a starting point and bring the process to life. Encouraging, practical, and down to earth, this is a book for anyone who wants to find a way to cook well with limited time and money.

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