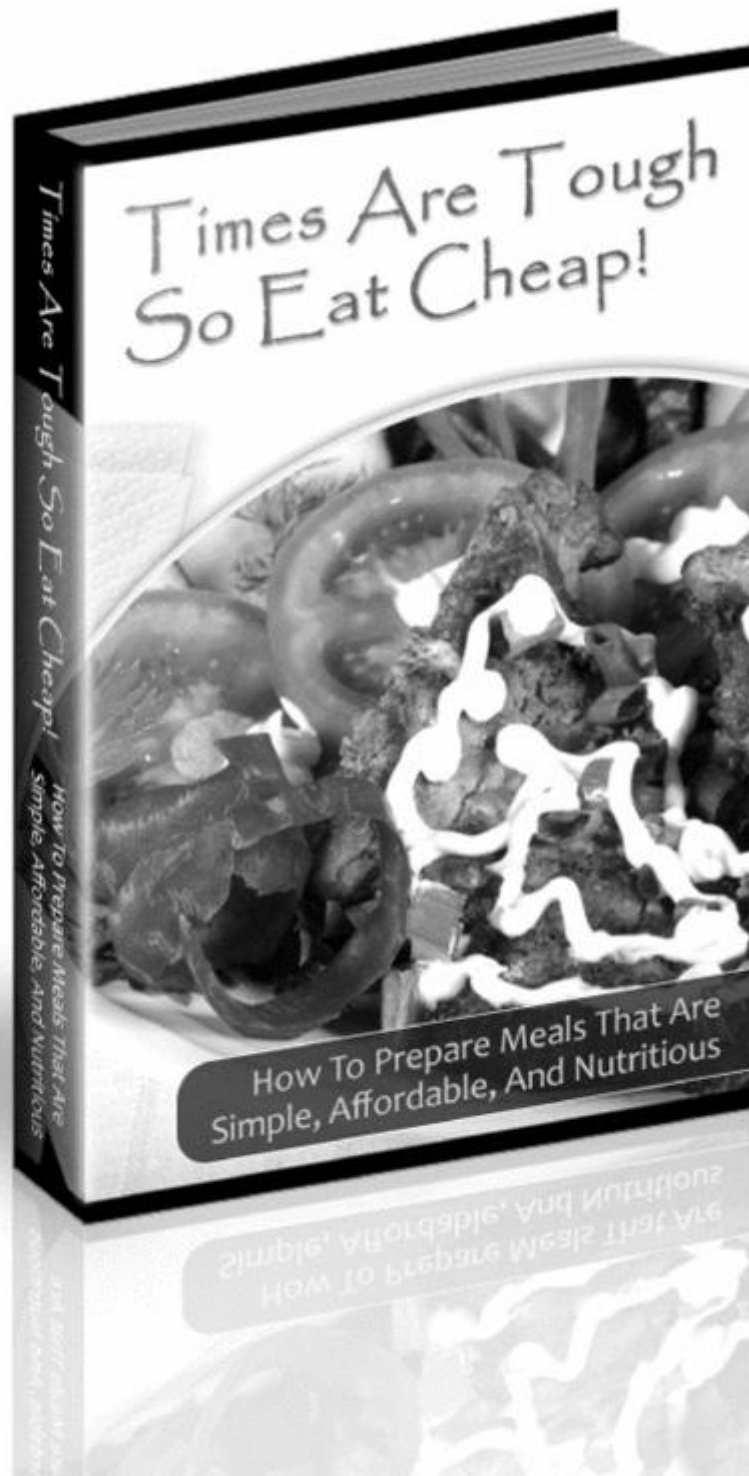


Budget Cooking - Healthy Eating On A Budget



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Times are Tough - So Eat Cheap How To Prepare Meals That Are Simple, Affordable And Nutritious
"Take Some Time to Feast Your Eyes (and Stomachs) on the Juicy Little Money-Rationing Secrets that
You'll Be Learning Later on in "Budget Cooking - Healthy Eating on a Budget" I dont have to remind you

that as the economy dwindles, prices for EVERYTHING skyrocket, but if you turn your attention to the Status Report on page 3, you'll be able to connect-the-dots and realize what this economic crisis means for the prices of food on your very dinner table! Whistle for the husband or wife to come check out page 3 to see if they're guilty of any of the 8 food-buying habits that are sucking the cash right out of your wallet and dumping it into the hands of GREEDY food manufacturers! You'll be telling me thank you! thank you! thank you! after you see just how much REAL MONEY can be saved by capitalizing on this simple, oh-so-clever tip revealed on page 8 -- on your very next trip to the store! I'll have you swearing out loud when your glance meets page 9, where I call-out greedy supermarket owners and expose their dirty tricks that may LOOK like a sale but are really conniving pricing schemes designed to make you pay even MORE than usual! If you have EVER stepped foot into a gas station or convenience store -- and you know you have! -- then you'll want to highlight the revealing excerpt on pages 8 and 9 that discloses why buying from them may be ANYTHING but convenient! You're probably itching to make your first budget purchase at the store and save cold, hard cash, but if you haven't checked-off on the 5 essential tasks laid-out on beginning on page 13, you won't save a single red cent! Don't make me say it twice: print out page 14 NOW and hand a copy to all members of your family because when they read this must-have information on the right way to write a shopping list, they'll never look at one the same way again! EXTRA, EXTRA, Read All About It! The next time you find yourself eyeing those irresistible newspaper coupons for products sold at the store, toss them aside and read page 15 for the catch behind these deceptive coupons! ...And after you've educated yourself on the secret methods to making coupons work, maximize your savings by hitting all 8 of the coupon-packed website's listed on page 16 and draining the THOUSANDS of dollars just waiting to be saved! Before you clear out the pantry to stuff-in those cumbersome bulk items, turn to page 20, where I'll talk about 6 other places in your own home that are just waiting to store your super-cheap bulk deals! Don't open your wallet to purchase a freezer until you've opened-up to page 22 for my expert tips on choosing a freezer that will keep perishables frozen solid WITHOUT freezing your bank account! The next time you're loading-up your freezer, have page 23 pinned on the bulletin board so that you can extend the shelf-life of these 6 common foods that are totally freezable! (HINT: One of these can be frozen for an entire SEASON after it has expired!) Instantly slash your grocery bill in HALF when you follow my expert tips and 6 website's divulged on page 26 that make learning to cook a simple, money-saving process -- even if you've never spent a moment behind the

stove! Ingredients like butter and cream are expensive AND fattening, so the next time youre sitting around trying to figure out what to cook, pass around page 28 to clue everyone in on the cost-cutting ingredient that is sold everywhere and totally fool-proof to use! You DONT need a \$150 pressure cooker for delicious meals, and on page 30, Ill talk about 4 cheap appliances that can be depended on anytime to prepare fast, convenient meals with even the cheapest cuts of meat! Dont look any further than page 31 for a crash-course on cooking up the most delicious, affordable meals your family has ever enjoyed with these 4 Chef Approved cooking techniques that are simple enough for anyone to master! Youll see why leftovers belong ANYWHERE but the trash when you flip to page 33 and discover 17 mouth-watering tips and tricks for jazzing-up even the most unappetizing leftovers into irresistible meals that will have everyone BEGGING for more! The next time youre trying to figure out how to combine the random this n that lying in the fridge and pantry, zoom to page 36 for a classic soup recipe that brings out the flavors of all those random foods in one hearty dish! When your instant download is complete, bind pages 38-44 in their own folder, because youll want to consult these 10 quick-fix tips for eating-on-the-cheap again and againand the best part is, slashing costs WONT also mean sacrificing quality and freshness! You dont have to be a vegetarian to enjoy the 4 tasty suggestions disclosed on page 40 that take the mystery out of using these cheap, readily available ingredients to kick-up ANY mealwithout kicking up the price! Print-out and pin-up pages 40 and 41 for the whole family to see so that the next time theyre feeling a Snack Attack, all theyve gotta do is spend two minutes whipping together one of these 6 ingenious snack ideas for a treat that is satisfying AND cheap! Whoever says budget and gourmet cant be found in the same place obviously hasnt read my exclusive Cost-Cutting Cookbook that begins on page 45, where I pass down more than 13 taste-tested recipes to make all the main courses and side dishes you need for an unlimited combination of full-course meals! If you literally want to save hundreds of dollars per month at the supermarket -- no bones about it -- then you wont want to miss my Shopper Savers executive summary on page 57 that breaks down the 10 easy steps taken by people who are serious about minimizing costs without their spouses OR kids tasting a lick of difference! ...and that Barely Even Covers All of the Useful Nuggets of Information that You'll Be Picking Up Inside Your Copy of "Budget Cooking - Healthy Eating on a Budget"

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