

# Eat Well Spend Less - Sarah Flower

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Over 250 healthy recipes for busy cooks who want to save money. In this invaluable cookery book, nutritionist Sarah Flower shows you how to feed yourself and your family a healthy balanced diet without spending hours in the kitchen and a fortune in the supermarket. - Weekly menu plans - Healthy recipes from as little as 20p a portion As a working mother of two, Sarah knows how it is possible to balance your time and your budget - and still eat healthily. Sarah has used her knowledge and experience as a qualified nutritionist, lifestyle journalist, and author of the household management book Live More Spend Less, to put together a range of quick, easy and affordable recipes, together with advice on enhancing your health and slimming down your expenditure. - 7 Day Menu Plans and shopping lists for meat eaters and vegetarians - Fast food that's good for you - quick and easy recipes that are wholesome, too - Nutritional cooking and ingredient advice for healthy meals, including special diets - Planning ahead to get the most from your freezer and store cupboard - How to create delicious desserts, cakes and snacks - and sumptuous smoothies and juices This book shows the approximate cost of every recipe - and each portion - if buying from your local supermarket. Author: Flower, Sarah Publisher: How To Books Illustration: N Language: ENG Title: Eat Well Spend Less Pages: 00314 (Encrypted EPUB) On Sale: 2011-06-01 SKU-13/ISBN: 9781905862399 Category: Cooking : Health & Healing - General Category: Cooking : Methods - Quick & Easy

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