



HOW TO MAKE THE  
MOST OUT OF  
YOUR

**BUDGET**  
COOKBOOK

# The Budget Cookbook

**Sarah L. Perren**



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Jammie Lakin,2021-09-18 Jammie Lakin eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste The Easy Budget Cookbook has more than 90 simple healthy and delicious recipes including Greek Steak Tacos Coconut Chicken Curry Chorizo Sweet Potato Enchilada and Teriyaki Salmon with Sriracha Mayonnaise to name a few It also contains expert principles for saving in the kitchen including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you re craving and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer Whether you re urban or rural vegan or paleo The Easy Budget Cookbook is guaranteed to delight both the palate and the pocketbook

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