

# **Low Cost Main Dishes**

**Richard Bailey** 

## **Low Cost Main Dishes:**

\$3 Meals Your Kids Will Love Ellen Brown, 2010-03-16 It is not your imagination playing tricks on you if you are in sticker shock in the supermarket check out lane food prices are skyrocketing And not only is food more expensive than ever but we all have less time than ever before The solution to the problem is 3 Meals Your Kids Will Love This collection of 250 plus recipes has main course entrees that are less than 3 a serving to prepare and all are guaranteed to put a smile on the faces of your children That's less than the cost of a decent size burger at a fast food drive through And all can be prepared in less time than it takes to have a pizza delivered Family Circle Low-cost Main Dishes Nancy A. Hecht, 1978 **Meals** Ellen Brown, 2010-03-16 It is not your imagination playing tricks on you if you are in sticker shock in the supermarket check out lane food prices are skyrocketing And not only is food more expensive than ever but we all have less time than ever before The solution to the problem is 3 Chicken Meals This collection of 250 plus recipes has main course entrees that are less than 3 a serving to prepare That's less than the cost of a decent size burger at a fast food drive through And all can be prepared in less time than it takes to have a pizza delivered The Everything Meals on a Budget Cookbook Linda Larsen, 2008-03-01 With the cost of milk and other food staples on the rise it s important to save wherever you can This thrifty cookbook offers 300 delicious recipes that are short on cost but long on taste including Big Batch Guacamole for pesos on the dollar Curried Chicken Pot Pie that elevates your leftovers to new heights Sicilian Meatballs made from pantry items you already own Spicy Thai Peanut Noodles that are cheaper than take out Beer Cheese Soup made with beer from last night s party Peach Foster Crepes for only 56 cents per serving Also included are tips for food shopping on a budget and how not to get stuck in grocery store price traps With The Everything Meals on a Budget Cookbook you ll feel like you re dining at a gourmet restaurant at a price you can afford Program Aid ,1966 Baltimore and Ohio Employes Magazine ,1948

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foods to purchase and cutting and comparing food costs in each of the following groups vegetables and fruits breads and cereals milk and milk products meat and meat alternates and fats sweets and alcohol Solutions are provided to a number of common problems related to food waste and spoilage Guidelines are given for evaluating the success of the food purchase plan A series of tables compares the cost of simple servings of canned dried fresh and frozen formsof selected vegetables and fruits Additional features include 1 a daily food guide 2 sample menus following a selected meal pattern 3 a chart showing how long perishable foods keep with proper handling and storage and 4 tables that demonstrate food yields cost comparisons and costs per serving of selected items aje **Nutrition Education Materials for Use in the WIC Program** United States. Food and Nutrition Service, 1978 **Research and Related Services in the United States FNS** .1978 **Department of Agriculture** United States. Agricultural Research Administration, 1951 Food and Nutrition United **Cumulative Index to the Catalog of the Food and Nutrition Information and** States. Extension Service, 1972 Educational Materials Center, 1973-1975 Food and Nutrition Information and Educational Materials Center (U.S.),1975 Food for Us All United States. Department of Agriculture, 1969 Bulletin ,1927 Your Money's Worth in Foods Betty B. Peterkin, 1950 Food and Nutrition Information and Educational Materials Center Catalog Food and Forecast ,1925 Family Food Budgeting, 1950 Nutrition Information and Educational Materials Center (U.S.),1973

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