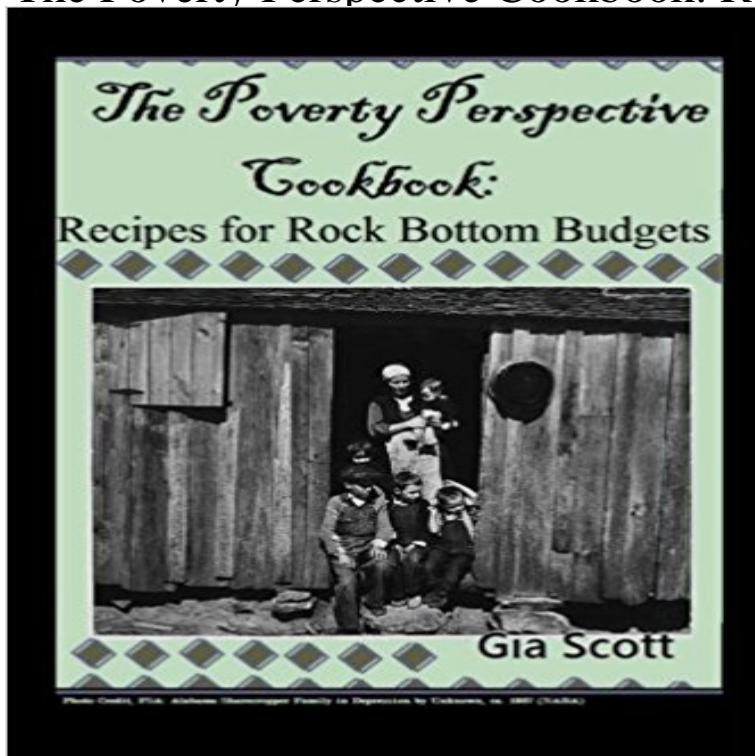


The Poverty Perspective Cookbook: Recipes for Rock Bottom Budgets



Whether a tight budget is from adversity or because of a goal, there are times in everyones life when the grocery budget is constricted. Thats when the homemakers art of preparing budget-wise meals can make the real difference between merely tightening ones belt and enjoying tasty, delicious and filling meals that dont make your budget sputter. 40 days of dishes, from delicious desserts to economical main dishes are included, right down to the menu. There is a section on calculating costs for a single serving as well as the entire dish too! Learn how to be the Queen of Mean on unnecessary spending at the grocery store with this handy cookbook with ideas that everyone can use to help keep food costs under control, even when faced with inflation at the grocery store, with realistic hints, ideas, and recipes too.

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