



25 POPULAR MEAL PREP *ideas*

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Julia Schneider



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Food Inflation Fighter's Handbook Judith Lannefeld Klinger, 1980 Abstract Suggestions for shopping coupon clipping menu planning cooking food growing and energy conservation help consumers keep their food expenditures down The 85 brief shopping tips include buy breads and pastries at bakery thrift shops read and understand labels skip a week's shopping always shop food sales and check newspapers for sale prices Using herbs can help save money an herb and spice chart lists which herbs go well with specific foods Chapters on vegetables eggs poultry whole grains and legumes discuss preparation guidelines and meal stretching recipes Other topics include growing sprouts entertaining on a small budget using leftovers and creative brown bagging cs *Holiday Cooking* Time-Life Books, 1995 Every recipe is quick You won't spend a lot of time in the kitchen

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Skinny Beef Marlys Bielunski, Susan Lamb Parenti, Irene Yeh, 1993 Beef It's a classic on target for the 90's way of cooking and eating **Skinny Beef** shows you how versatile beef can make great tasting healthful meals for every occasion from family fare to easy entertaining Over 75 of the recipes can be prepared and served in 30 minutes or less all are guaranteed delicious Step by step recipes helpful cooking tips and more

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