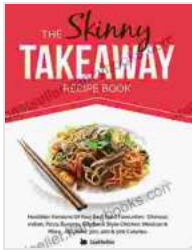


# Culinary Delights: A Budget-Friendly Guide to Global Flavors



**The Skinny Takeaway Recipe Book: Healthier Versions Of Your Fast Food Favourites: Chinese, Indian, Pizza, Burgers, Southern Style Chicken, Mexican & More. All Under 300, 400 & 500 Calories** by CookNation

★★★★☆ 4.3 out of 5

Language : English  
File size : 1311 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 103 pages  
Lending : Enabled  
Screen Reader : Supported



Embark on a culinary adventure with our budget-friendly cookbook! We've curated a collection of tantalizing recipes from around the world, each costing less than \$300. Whether you're craving the vibrant flavors of China, the aromatic spices of India, the cheesy indulgence of pizza, the juicy goodness of burgers, the comforting warmth of Southern-style chicken, or the sizzling zest of Mexico, we've got you covered.

With easy-to-follow instructions and a focus on affordable ingredients, our cookbook is perfect for home cooks of all skill levels. So, gather your family and friends, and get ready to whip up some budget-friendly culinary delights!



## **Chinese Stir-Fry**

Tender chicken and vegetables tossed in a savory sauce, this Chinese stir-fry is a quick and easy meal that's full of flavor. Serve it with rice or noodles for a complete meal.

\$120



## **Indian Pizza**

A unique fusion of Indian and Italian flavors, this Indian pizza is topped with a creamy tikka masala sauce, grilled chicken, and vegetables. It's a delicious and satisfying meal that will impress your guests.

\$150

# Healthiest Fast Food Lunches



**McDonald's Grilled  
Chicken Classic Sandwich**



**Burger King  
Veggie Burger**



**Arby's Roast Chicken  
Club Sandwich**



**In-N-Out Burger Protein  
Style Hamburger**



**Jimmy John's  
Slim 2 Roast Beef**



**Chipotle Build-  
Your-Own Salad**



**Wendy's Grilled  
Chicken Sandwich**



**Chik-Fil-A Chargrilled  
Chicken Cool Wrap**



**Subway 6-inch Oven-  
Roasted Chicken Sandwich**

## Burgers

Juicy ground beef patties grilled to perfection, topped with your favorite cheese, toppings, and sauce on a soft bun. Burgers are a classic comfort food that everyone loves. Serve them with fries or onion rings for a complete meal.

\$100



### **Southern-Style Chicken**

Golden-brown fried chicken, crispy on the outside and juicy on the inside. Southern-style chicken is a hearty and comforting dish that's perfect for a family meal. Serve it with mashed potatoes, gravy, and green beans.

\$120

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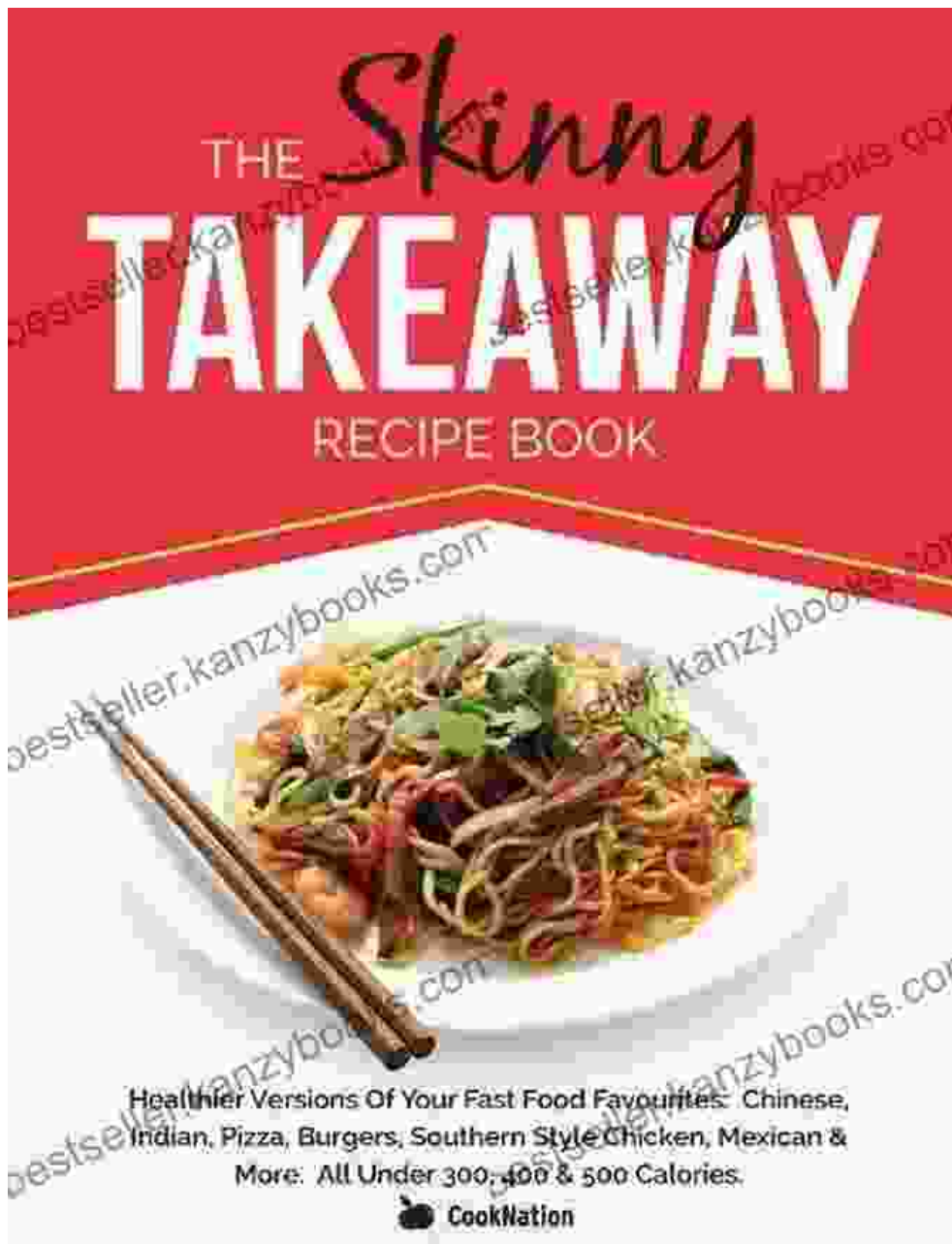


**Subway 6-inch Oven-  
Roasted Chicken Sandwich**

## Mexican Tacos

Warm tortillas filled with savory fillings, Mexican tacos are a versatile and delicious meal that can be customized to your liking. Fill them with seasoned ground beef, chicken, fish, or vegetables and top them with your favorite salsa, guacamole, and cheese.

\$100



## And More...

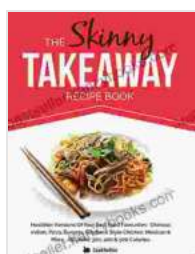
Our cookbook includes many more budget-friendly recipes from around the world, including:

- Pasta

- Salads
- Soups
- Desserts

Ready to embark on your culinary adventure? Free Download your copy of our cookbook today and start saving money on delicious meals!

Buy Now



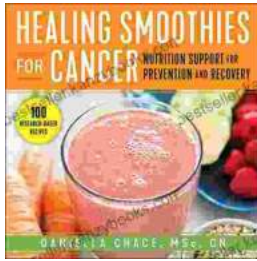
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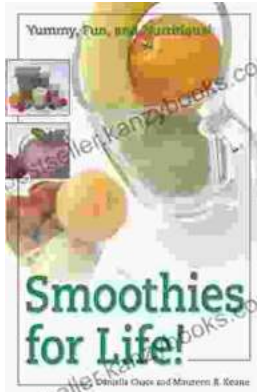






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