

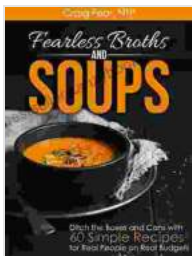
# Ditch the Boxes and Cans: 60 Simple Recipes for Real People on Real Budgets

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If you're looking to eat healthier, one of the best things you can do is to ditch the boxes and cans and start cooking with real, whole foods. But if you're on a budget, that can seem like a daunting task. After all, healthy food can be expensive, right?

Wrong!

With the right recipes, you can eat healthy on a budget. That's why we created Ditch the Boxes and Cans: 60 Simple Recipes for Real People on Real Budgets.



## Fearless Broths and Soups: Ditch the Boxes and Cans with 60 Simple Recipes for Real People on Real

**Budgets** by Craig Fear

★★★★☆ 4.3 out of 5

Language	: English
File size	: 415 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 195 pages
Lending	: Enabled



This cookbook is filled with delicious, affordable recipes that are easy to make. Whether you're a beginner in the kitchen or a seasoned pro, you'll find something to love in this book.

Here are just a few of the recipes you'll find inside:

- **Breakfast:** Oatmeal with berries and nuts, yogurt parfaits, breakfast burritos
- **Lunch:** Salads, sandwiches, wraps, soups
- **Dinner:** Chicken stir-fries, pasta dishes, tacos, pizzas
- **Snacks:** Fruit and veggie platters, hummus and pita, trail mix

And the best part? Every recipe is under \$5 per serving. So you can eat healthy without breaking the bank.

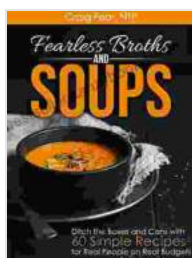
So what are you waiting for? Free Download your copy of Ditch the Boxes and Cans today and start cooking delicious, affordable meals that will nourish your body and your wallet.

- "I love this cookbook! The recipes are easy to follow and the ingredients are affordable. I've already made several of the dishes and they've all been delicious." - Sarah J.
- "I'm on a tight budget, so I was thrilled to find this cookbook. The recipes are not only affordable, but they're also healthy and delicious. I

highly recommend this book to anyone who wants to eat better without spending a lot of money." - Mary B.

- "I'm not a great cook, but I've been able to make several of the recipes in this book without any problems. The instructions are clear and the recipes are easy to follow. I'm really enjoying this cookbook and I'm learning a lot about cooking." - John D.

If you're ready to start cooking delicious, affordable meals, then Free Download your copy of Ditch the Boxes and Cans today!



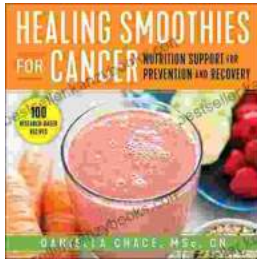
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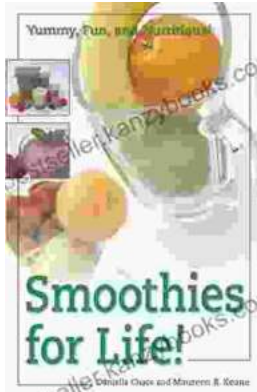
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