



Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half

Beth Moncel

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The debut cookbook from the Internet expert on making eating cheap dependably delicious

As a college grad during the recent great recession, Beth Moncel found herself, like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more.

Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. *Budget Bytes* has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you're urban or rural, vegan or paleo, *Budget Bytes* is guaranteed to delight both the palate and the pocketbook.

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