



## How to Feed Your Family for GBP5 a Day (Paperback)

By Bernadine Lawrence

HarperCollins Publishers, United Kingdom, 2012. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. This kitchen classic has been fully updated with 50+ simple, delicious new recipes. This definitive guide to producing cheap, healthy meals is ideal for busy mums and kitchen novices, proving that you can still feed a family of four for GBP5 a day if you shop with care and make nutritious ingredients the foundation of every meal. Whether you re looking for a quick dinner such as Lemon Honey Lamb Shoulder with Potatoes and Fresh Thyme or Autumnal Black-Eyed Bean Stew with Dumplings, an old-school classic like Bread and Butter Pudding, or a breakfast full of flavour and energy like Golden Apricot Granola, Bernadine caters for every taste and lifestyle. Bernadine has had over two decades experience of cooking for a family on a budget, and knows what really works. Her recipes are child-friendly and she has a wealth of practical tips on how to stick to an incredible GBP35 groceries budget, use up leftovers and prevent food waste. Complete with a weekly meal planner and a guide to show which fruit and vegetables are in season, Bernadine is an expert on creating tasty meals out of...



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