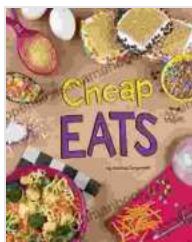


# Cheap Eats, Easy Eats: Peter Kalmus's Practical Guide to Eating Well on a Budget

Eating well on a budget can be a challenge, but it's not impossible. With a little planning and effort, you can easily create delicious and affordable meals. Peter Kalmus's book *Cheap Eats, Easy Eats* is a great resource for anyone who wants to save money on food without sacrificing taste.



## Cheap Eats (Easy Eats) by Peter Kalmus

★★★★☆ 4.4 out of 5

Language : English

File size : 4017 KB

Screen Reader : Supported

Print length : 32 pages



Kalmus is a food scientist and engineer who has spent years developing recipes for affordable and nutritious meals. In his book, he shares his tips and tricks for cooking delicious food on a budget. The book is full of easy-to-follow recipes for everything from breakfast to dinner. There are also tips on how to save money on groceries, how to cook in bulk, and how to use leftovers.

One of the things I love about *Cheap Eats, Easy Eats* is that it's not just a cookbook. It's also a guide to eating well on a budget. Kalmus provides advice on how to make healthy choices, how to avoid processed foods, and how to get the most nutrients for your money.

If you're looking for a way to save money on food without sacrificing taste, I highly recommend *Cheap Eats, Easy Eats*. Kalmus's recipes are delicious and affordable, and his tips for eating well on a budget are invaluable.

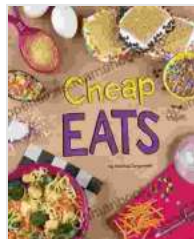
**Here are a few of my favorite recipes from *Cheap Eats, Easy Eats*:**

- **Breakfast Burritos:** These burritos are packed with protein and flavor, and they're perfect for a quick and easy breakfast.
- **Lentil Soup:** This soup is hearty and filling, and it's a great way to use up leftover lentils.
- **Chicken Stir-Fry:** This stir-fry is a quick and easy way to get a healthy meal on the table.
- **Pasta with Tomato Sauce:** This classic dish is always a crowd-pleaser, and it's easy to make on a budget.
- **Chocolate Chip Cookies:** These cookies are a delicious and affordable treat.

**Here are a few of my favorite tips from *Cheap Eats, Easy Eats*:**

- **Buy in bulk:** Buying in bulk can save you a lot of money on groceries.
- **Cook in bulk:** Cooking in bulk is a great way to save time and money.
- **Use leftovers:** Leftovers can be used to create new meals, which can save you time and money.
- **Make your own snacks:** Making your own snacks is a great way to save money and avoid processed foods.
- **Grow your own food:** Growing your own food is a great way to save money and get fresh, healthy produce.

*Cheap Eats, Easy Eats* is a great resource for anyone who wants to save money on food without sacrificing taste. Kalmus's recipes are delicious and affordable, and his tips for eating well on a budget are invaluable.



### **Cheap Eats (Easy Eats)** by Peter Kalmus

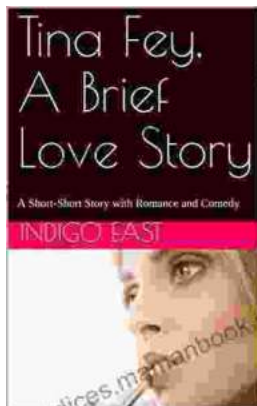
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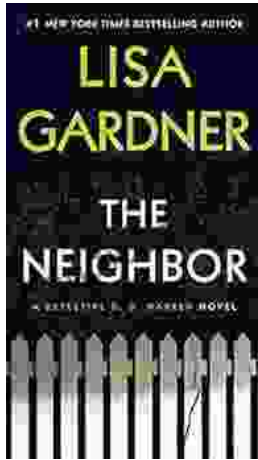
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