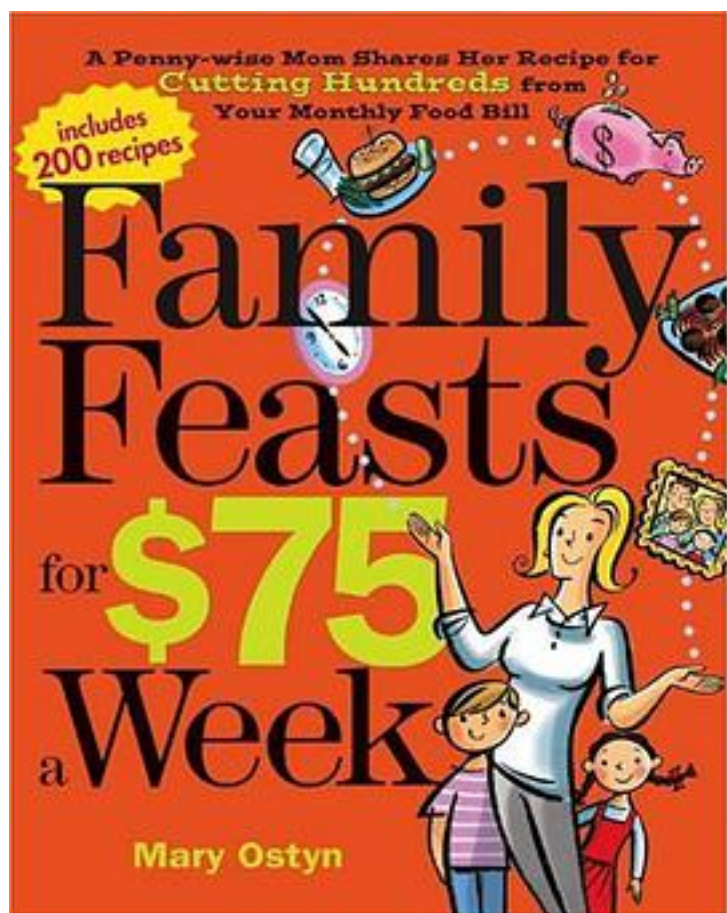


Family Feasts for \$75 a Week



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出版者:Oxmoor House

出版时间:2009-09-01

装帧:Paperback

isbn:9780848732967

What would you do with an extra \$100 each month?

Let 's face it. Staying within a budget these days is a hard act to stick with, especially if you have a family of four or more. When juggling a busy schedule dedicated to school,

work, and family activities, convenience has a tendency to overrule thriftiness-and we all know convenience comes at a cost. But if you can master your spending in just one area-your food bill-you will greatly expand your spending options for other, more rewarding areas of your life.

What would you do with more free time in your day?

You 've heard the saying " time is money, " and time well spent can save you big bucks. Learning how to compile grocery lists, compose weekly menu plans, and shop less will not only save money at the register, it will also save you time in the store and in the kitchen. Come to the table prepared to enjoy the feast as you build time-saving skills that will serve you and your family for a lifetime to come.

What would you do with more fun-filled family opportunities?

Saving time and money will not only make you feel good about yourself, it will also give you the greatest spending opportunity of all-more family fun. Whether planning for a special getaway, staycation, or simply a weekly family night, your family is your best investment. With all the time and money you 'll save, you 'll be able to refocus your energies where they matter most-with the ones you love.

Whether you 're overhauling your entire budget or just trying to save a little here and there, making a dent in your grocery bill may seem challenging in today 's market. A typical supermarket trip can easily cost a minimum of \$100, and if you 're feeding an average family or larger, that number can soar even higher. What 's a mom on a budget to do?

Family Feasts for \$75 a Week to the rescue! Written by blogger mom and penny-pincher extraordinaire Mary Ostyn, who prepares three meals a day for her family of 12 for \$800 to \$900 a month, this book is stuffed to the gills with Mary's expert, in-the-trenches tips on savvy food shopping, plus 200 delicious recipes for homecooked meals that make the most of economical ingredients. Selected by Good Morning America as one of the best cookbooks of 2009, Family Feasts for \$75 a Week offers real-world advice teaches real-world families how to save in more ways than one.

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