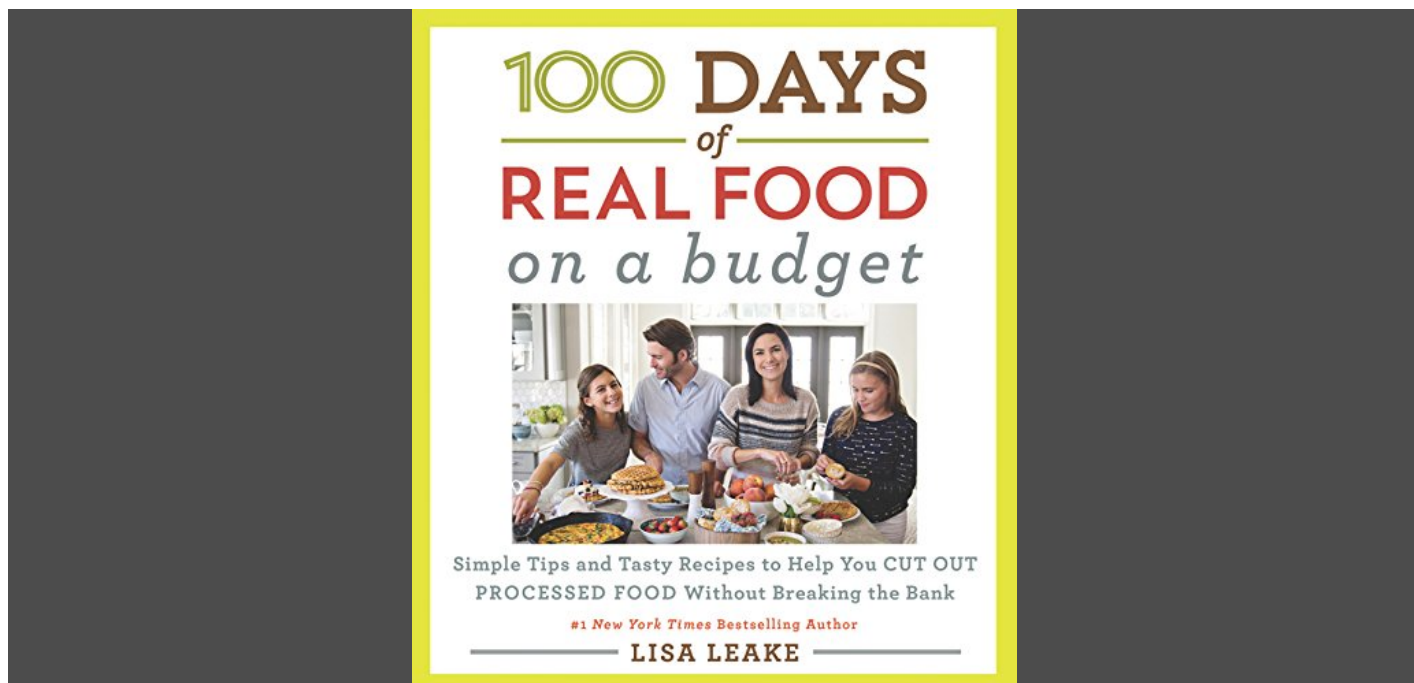


PDF | 100 Days of Real Food: On a  
Budget: Simple Tips and Tasty  
Recipes to Help You Cut Out  
Processed Food Without Breaking  
the Bank

by Lisa Leake



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The author of the phenomenal bestselling *100 Days of Real Food* series addresses the most common concern of her readers—how to cut out processed food on a tight budget—in this full-color cookbook with shopping lists and prices for each recipe.

Millions of American families are discovering the dangers of eating processed food. But wholesome, fresh ingredients can seem more expensive—from buying organic grains, dairy, and produce to the issue of food waste as people learn to plan and cook in new ways.

With her hugely popular *100 Days of Real Food* blog and her two bestselling books, Lisa Leake has been a leader in helping everyday families move away from processed foods. She also understands the concerns of her followers who want to eat better without breaking the bank! In *100 Days of Real Food: On a Budget* she shows readers how to make a variety of unprocessed dishes for \$15 or less a recipe.

Unlike other budget cookbooks that only calculate the cost per serving (have you ever tried to buy just ¼ cup of sour cream?), this incredibly practical book gives you the exact total cost for all the necessary ingredients for each dish, helping busy families even on the tightest budget plan the meals that will work for them. Lisa provides delicious recipes for breakfast, packed lunch, and dinner, as well as snacks and desserts, including:

- Cinnamon Roll Pancakes
- Quiche with an Easy Whole-Wheat Crust
- Sweet Potato and Black Bean Cakes
- Lemon Poppy Seed Muffins with Toasted Coconut
- Green Apple Slaw
- Chicken Burrito Bowls

- Cheesy Pasta and Cauliflower Bake
- Apple Glazed Pork Chops
- Sausage and Pepper Tacos
- Asian Chicken Lettuce Cups
- Oatmeal Cookie Energy Bites
- Pina Colada Frozen Yogurt Pops

In addition to the wallet-friendly recipes, Lisa shares practical secrets for saving money in the kitchen: learning to plan ahead, getting the best deals on staple items, knowing what to make versus what to buy, growing your own herbs, and even reducing waste—which is currently twenty percent of all food purchased!



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